



US Army Corps  
of Engineers  
St. Paul District

# Crosscurrents

Vol. 6

No. 2

October 1982

## Co-worker is honored for her achievement

Sharon Brown, St. Paul District's equal employment opportunity officer, will receive the highly esteemed Department of Army Annual Award for Equal Employment Opportunity Achievement.

Brown is also a recipient of the Chief of Engineers Annual Award for Equal Employment Opportunity.

She will receive the Department of Army award on Nov. 5 in Washington, D.C. Several persons, including St. Paul District Commander Col. Edward Rapp and North Central Division Commander Brig. Gen. Scott Smith, will accompany her to the event.

She was chosen from among a number of other Department of Army nominees.

The award can be made to any military or civilian employee who is deemed to have achieved the most outstanding performance in the area of equal employment opportunity.

### HIGHLIGHTS OF HER WORK

With a wide range of responsibilities and duties undertaken by Brown, several aspects of her work during fiscal year 1982 were recognized.

Two key personnel programs that resulted in significant accomplishments are the Federal Junior Fellowship Program and the Worker Trainee Program.

Some of the criteria necessary for those persons eligible to work under the Federal Junior Fellowship Program are (a) they must be graduating high school seniors; (b) must be in the top 10 percent of their class; and (c) must demonstrate a financial need.

Students in this program may work full-time between school sessions.

Under this program, the St. Paul District hired one Hispanic male, two females, one Native American Indian male and three white males.

The other program is the Worker Trainee Program. Those persons eligible for this



Sharon Brown, (Photo by Lyle Nicklay, AS-P)

program are assigned to wage grade positions in the district office and field installations.

These employees will follow a training plan for about three years. Upon completion of their training plan, they will be eligible for noncompetitive conversion to a permanent appointment.

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## Sharon Brown

(From page one)

Four minority males and three white males were hired by the district under this program.

Successes were also recognized in the Hispanic Program, the Handicap Program and the Federal Women's Program. Brown worked closely with the district's Recruitment and Placement Branch to supply applicants for filling temporary positions and other programs, e.g., Summer Employment Program and Stay-In-School Program.

Her equal employment opportunity activities and contributions extended beyond the district. She conducted the first Equal Employment Opportunity Boomerang classes in North Central Division.

She was selected to serve on an Office of the Chief of Engineers task force to study equal employment opportunity needs.

She also worked with the Twin Cities Federal Executive Board on equal employment opportunity activities.

### HER CO-WORKERS

Philip Campbell, an equal employment

opportunity assistant, and Maria Brown, a Stay-In-School student, serve on the district's Equal Employment Opportunity Office staff.

Sharon Brown is the first to admit that if an equal employment opportunity program is to be successful, it must be backed strongly by top management and supervisory staff.

Vital equal employment opportunity support was required by the district's Personnel Office because equal employment opportunity and personnel programs are enmeshed together.

Richard Laddusire and Valerie Miskel, Recruitment and Placement Branch, played key roles in working with the Equal Employment Opportunity Office.

Other positive contributors in the district include Lynn Harris, civilian personnel officer, and Charles Foye, chief of the Labor Management/Employee Relations Branch.

Brown also worked closely with Gene Evans, equal employment opportunity officer for North Central Division, in achieving her distinction.

**The next deadline for all articles to be submitted to Crosscurrents is Oct. 22.**

*CROSSCURRENTS is an unofficial publication authorized under the provisions of the AR 360-81, published monthly by offset press for employees of the St. Paul District. Views and opinions expressed are not necessarily those of the Department of the Army. Address mail to CROSSCURRENTS, Public Affairs Office, U.S. Army Corps of Engineers, St. Paul District, 1135 U.S. Post Office and Custom House, St. Paul, Minnesota 55101. Telephone: (612) 725-7505.*

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# Speaker warns about confidence games and fraud

by Blanche H. Fong, PA

Watch out for the "blue sky lure" used by thieves to sell supposedly-genuine jewelry to unsuspecting victims.

"This diamond is a good buy...and that's what you are really saying--good-bye (to the thief and your money)!" says Jerome P. Dolan of the St. Paul Police Department.

Dolan was guest speaker to Corps of Engineers employees in St. Paul, Minn., on Sept. 21, in conjunction with the Corps' Fraud Prevention Month observance.

Dolan speaks from experience after three years on an Army intelligence team, four years as a private investigator, three years as a special agent with the U.S. Secret Service (working closely with former President J.F. Kennedy and his family) and 20 years as a police officer for the City of St. Paul.

He is presently the commander of the Fraud, Forgery and Arson Units of the police department.

## CONFIDENCE GAMES

Dolan identified several different ways thieves prey on unsuspecting victims.

Be wary of "fortune-tellers or soothsayers" who claim that they have a solution or method of easing your problem for a cost.

Be wary of the "pigeon drop and the switch game." The thief preys on the victim's greed by asking for "good faith money" to be put forth.

Be wary of the "bank examiner" who tends to prey on lonesome, elderly people. The thief asks for money withdrawn from the victim's bank account as a means to check on a possible embezzler working at the bank.

"Confidence games on retired people are rarely reported to the authorities...only one out of 10 are," says Dolan, "especially because the elderly do not want their children and other people to think that they can no longer manage their finances."

Be wary of the "home repairperson" who offers you a service (e.g. tree trimming, roof repair, leaky basement repair, etc.) at a cost. They can do more damage to your house rather than repair the supposedly-real problem.

Be wary of the "green game," which again preys on the victim's greed. The thief sells to a victim a nice-looking box which supposedly can turn a one dollar bill into larger bills (e.g. \$50, \$100 bills).



Jerome Dolan (right) explains to Lt. Col. Archie Doering, DD, how the raised surface of a driver's license or credit card can be changed by a thief.

## FRAUD SCHEMES

Dolan identified a few forgery techniques used by thieves, including the addition or manipulation of printed magnetic numbers on personal checks.

Be sure to destroy voided checks and to secure your returned checks, Dolan emphasizes. Sometimes, a thief can pick up and cash a check you may have tossed into a wastebasket or a check that has light stamp marks from a bank.

Be aware of thieves who try to obtain your bank account numbers. They can easily find out how much money you have, says Dolan, and thus may play confidence games with you.

According to Dolan, this is probably why most banks are now placing the teller lines further back from the counter, so people can not peer over a shoulder to look at someone else's account record during a transaction.

Another fraud scheme practiced by thieves is the manipulation of currency bills. Corners cut from large-amount bills can be skillfully placed onto small-amount bills (e.g. \$20 corners are sometimes placed onto one dollar bills).

Dolan also pointed out that certificates, such as stock certificates, and other types of official documents can be reproduced in color and with high quality from photocopy machines.

(See page four)

## Appreciation is expressed

The following letter was received from North Central Division Commander Brig. Gen. Scott Smith:

"This expresses the appreciation of all the North Central Division persons who participated in the Sept. 8-10 visit to the St. Paul District.

"We appreciated both the administrative arrangements (which made for a comfortable, low-stress trip) and the substance of the various visits and briefings.

"Bing Chin, Zane Goodwin and I saw some projects (and certain aspects of projects) that we had not all seen before.

"When left to their own devices, quality people will always manage to do a great job in 'presenting' a project.

"This was certainly the case with Mike Schwalbe at Lock and Dam 1; Dennis Cin, Arnold Wodarz and Roger Worth at St. Anthony Falls; Jim Gagnon at Bassett Creek and Winona; Roger Just at Bigstone-Whetstone; Greg Schroeder at Baldhill Dam; Dave Loss at Lake Darling; Bob Penniman and Larry LaPoint at Mankato; Dale Mazar at Rochester; Pat Vickman at Winona; and Carl Stephan at La Crosse.

"I'm certain that Herb Nelson's pitch on Chaska was in the same league, too. And finally, our special thanks to Jim Kursu for putting the whole trip together.

"The performance and attitude of these gentlemen certainly indicate to me that under your (St. Paul District Commander Col. Edward Rapp's) leadership and with your guidance, St. Paul District will continue to flourish.

"Thanks again for an extremely pleasant and informative visit."

## Fraud schemes

*(From page three)*

For example, a thief may use a counterfeit stock certificate as collateral to obtain a loan from a bank.

Identification cards are also manipulated by thieves. For example, a false identification card can help a thief gain entry into a building to burglarize it.

## Child care centers available

A new day-care center opened recently at Children's Hospital in St. Paul, Minn. The center currently offers full-time, part-time and drop-in care for children age six weeks through 10 years.

Hours of operation are 6:30 a.m. to 7 p.m., Monday through Friday. If there is sufficient demand, the center will remain open on a 24-hour basis.

Facilities include four play courts, a science center with a greenhouse, a computer area and a homemaking area. There are areas for reading, language development, music and art and a small amphitheater.

There is a separate sleep and play area for infants.

The annual registration fee for full or part-time care is \$25. In addition, a weekly or hourly fee is charged.

For full-time child care, the weekly fee is \$80 for infants (six weeks to 15 months old), \$75 for toddlers (16 to 30 months old) and \$65 for older children (31 months to 10 years old).

For part-time child care, the daily fee is \$17 for infants, \$16 for toddlers and \$13 for older children.

For drop-in child care, the hourly fee is \$2.25 for infants and \$2 for toddlers and older children.

To obtain more information, call the center at 298-8314 or call Jody Rooney, PD-ES, at 725-7577.

## MORE CHILD CARE CENTERS

The Downtown Day-Care Center is located in the First Baptist Church, 9th and Wacouta streets, St. Paul. The center accepts children age two and one-half years to 12 years, from 6:30 a.m. to 6 p.m. The fees are \$50 per week for one child and \$88 per week for two children. For more information call 227-7140.

The Neighborhood House Child Care Center is located at 179 E. Robie St. (across the Robert St. Bridge), St. Paul. The center accepts children age 16 months to kindergarten, from 7 a.m. to 5:30 p.m. The fee is \$35 per week. For more information, call 227-9291.

The YWCA is located at 65 E. Kellogg Blvd., St. Paul, and only offers drop-in child care. The center accepts infants and toddlers, from 8:45 a.m. to 2 p.m. There is a weekly maximum of eight hours per child. The fees start at \$1.60 per hour for YWCA members. For more information, call 222-3741.

# Special events commemorate river's history

This year marks the sesquicentennial of the charting of the Mississippi River headwaters at Lake Itasca (1832) and the centennial of the establishment at St. Anthony Falls of the river's first hydro-electric facility (1882).

To commemorate these events is a series of lectures, courses and special events called the Minnesota's Mississippi.

The following are open to the public.

## LECTURES

"The Artist's View of the Upper River" with Thomas O' Sullivan. Oct. 12, noon; Landmark Center, St. Paul. Contact 222-0701.

"The Twin Cities and Their River" with Mayors Donald Fraser (Minneapolis) and George Latimer (St. Paul). Oct. 12, 7:30 p.m.; Bell Museum Auditorium, University of Minnesota. Contact 373-2423.

"River Views: Perspectives on the Mississippi" with John Parker, David Lanegran and Jane Curry. Oct. 14, 8 p.m.; Science Museum of Minnesota, St. Paul. Contact 221-9438.

"River Pilots" with Jane Curry. Oct. 19, noon; Landmark Center, St. Paul. Contact 222-0701.

"The Ecological History of the Mississippi River" with Calvin R. Fremling. Oct. 19, 7:30 p.m.; Bell Museum Auditorium, University of Minnesota. Contact 373-2423.

"River Ecology" with Bruce Hawkinson and "Contemporary Issues" with Tom Kalitowski. Oct. 21, 8 p.m.; Science Museum of Minnesota, St. Paul. Contact 221-9438.

"Mississippi River Wildlife" with William E. Green. Oct. 26, 7:30 p.m.; Bell Museum Auditorium, University of Minnesota. Contact 373-2423.

"Life Along the Mississippi" with Dave Wood. Nov. 4, 7:30 p.m.; Bell Museum Auditorium, University of Minnesota. Contact 373-2423.

## FIELD TRIP

"Tracking the Mississippi From St. Paul to Wabasha: A One-Day Field Trip" with Thomas Baerwald and Rob Britton. Oct. 23, 7:30 a.m. to 5:30 p.m.; Science Museum of Minnesota, St. Paul. Contact 221-9438.

## CONFERENCE

"Minnesota's Mississippi: Reflections on the River" with Marquis Childs, Dan Galloway, Jeffrey Hess, Thomas L. Trow, Carolyn Gilman, Virginia M. Westbrook, Tom Kalitowski, Wilber Blaine, Robert A. Hillstrom, Eldon Kaul and Ray Roder. Nov. 19 (6:30 to 10 p.m.) and Nov. 20 (8:30 a.m. to 4 p.m.); Earle Brown Center, St. Paul Campus, University of Minnesota. Contact 373-3887.

Galloway is presently with the U.S. Army Corps of Engineers, Tulsa, Okla. He was the study manager for the Comprehensive Master Plan for the Management of the Upper Mississippi River System.



# Hispanics are recognized for their military service

by Phil Campbell, EE

The proclaimed theme for the 1982 National Hispanic Heritage Week, Sept. 12-18, was "Hispanic Americans--Progress in Civilian and Military Careers."

The St. Paul District has received many honors and awards; many of those honors have been bestowed on individuals who are presently serving the district.

Most treasured, perhaps, are those recognitions received by individuals who served in the armed forces with distinction during both war time and and peace time.

During National Hispanic Heritage Week, it was most appropriate that recognition be given to Hispanic co-workers who served in the armed forces.

The following biographies are only brief sketches of several Hispanic co-workers. Their nostalgic yarns and recollections can be swapped over mugs of hot coffee.

## JOSE (TONY) ESCOBAR

Jose (Tony) Escobar served in the U.S. Army from Nov. 5, 1973 to July 29, 1980. After he enlisted in Minneapolis, Minn., he was immediately sent to Fort Jackson S.C., for the nine weeks of basic training.

Escobar's first assignment was in Fort Lee, Va., to attend the helicopter repair school for eight weeks. From there, he was sent to Germany to join the 39th Air Transportation Battalion at Melligen Barracks.

While in Germany, he met a woman from Minnesota who had joined the Army; they later married.

In July 1977, Escobar was transferred to the Military Intelligence Unit, Fort Hood, Texas.

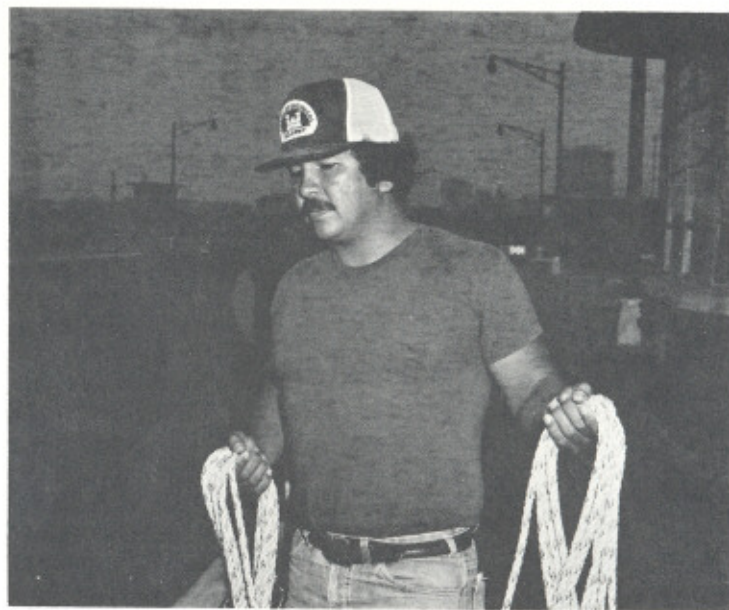
Then in 1979, he was sent to Fort Dix, N.J., where he trained military personnel in mechanical and small parts stock control procedures.

Presently, Escobar is a lock and dam operator at Lock and Dam 3.

## LOUIS A. GARCIA

Louis A. Garcia served in the U.S. Navy from May 26, 1969 to Oct. 8, 1971. He was assigned to the Naval Advisory Group in the Song Ong Doc Delta Sector, South Vietnam.

One of his duties was guard duty on barges, where his conversational ability with the Vietnamese language was invaluable.



Louis A. Garcia works at Upper St. Anthony Falls Lock and Dam. (Photo by Lyle Nicklay, AS-P)

He also served on the Pacification Team which went into Vietnamese villages for public relations purposes after the Tet Offensive.

After suffering an injury, Garcia was transferred to Corpus Christi, Texas. He was awarded the Vietnam Service Cross.

Presently, Garcia is a laborer at the Upper St. Anthony Falls Lock and Dam.

## PAUL MARTINEZ

Paul Martinez served in the U.S. Army from Aug. 21, 1950 to Aug. 20, 1953 during the Korean conflict. After he enlisted in St. Paul, Minn., he was immediately sent to Fort Carson, Col., for infantry training.

Martinez was assigned to the 857th Anti-Aircraft Artillery Battalion, Eilson Air Force Base, Fairbanks, Alaska. Later he was transferred to the Strategic Air Command, Elmendorf Air Force Base, Anchorage, Alaska.

After approximately two years of arctic duty and being on a constant 24-hour alert basis, Martinez returned to Fort Carson and joined the Mountain and Cold Weather Training Command.

Presently, Martinez is the printing and reproduction foreman in the Reprographics Office.

(See page seven)

# Combined Federal Campaign seeks donations

During the month of October, the St. Paul District is participating in the Combined Federal Campaign of the Twin Cities, an annual fund drive seeking donations from federal employees for different causes.

All employees are voluntarily encouraged to contribute to the campaign through payroll deduction or with a gift of cash.

This year, employees are able to designate which human service organizations they wish their money to go to.

Undesignated gifts will be directed to the Principal Combined Fund Organization, which has the responsibility of allocating the gift.

The human service organizations to which employees may designate their gifts are varied. They can be described by the types of service they provide.

Some examples of organizations which provide basic needs and economic opportunity are the Salvation Army, Urban League, Community Action Council Inc., the Children's Defense Fund.

Some examples of organizations which provide child and family services are the Domestic Abuse Project Inc., Chrysalis Center for Women, the Bridge for Runaway Youth, Lutheran Social Service of Minnesota, Jewish Family and Children's Service.

Some examples of organizations which provide health services and services to the handicapped are the Red Cross, Minnesota Epilepsy League Inc., Special Olympics Inc.,

Courage Center, Arthritis Foundation.

Some examples of organizations which provide specialized and miscellaneous services are the Native American Rights Fund, the Wilderness Society, Vietnam Veterans of America Foundation, Natural Resources Defense Council, National Recreation and Park Association.

Some examples of organizations which provide youth and recreation services are Boy Scouts of America, Big Brothers Inc., Big Sister Association Inc., Inner City Youth League.

Some examples of organizations which provide the acquisition of knowledge and skills are the United Negro College Fund, the International Institute of Minnesota, Survival Skills Institute.

Some examples of organizations which are international service agencies are Care, Save the Children, Pearl S. Buck Foundation, United States Committee for UNICEF, Project Hope, Foster Parents Plan, World Wildlife Fund.

Some examples of organizations which provide neighborhood services are Glenwood-Lyndale Community Center Inc., East Side Neighborhood Service Inc., Merriam Park Community Center Inc.

Some examples of organizations which are campaign groups are United Way, International Service Agencies, National Service Agencies, National Health Agencies.

## Hispanic Americans

*(From page six)*

### JOHN MENA

John Mena served in the U.S Navy from Aug. 27, 1971 to Nov. 26, 1975. He enlisted in Minneapolis and went through basic training at the San Diego Naval Training Center, Calif.

Then, Mena was transferred to the deck force of the USS Longbeach. This tour of duty started in the Philippines and took him to Japan, Korea, Singapore and the Isle of Diego Gancia, a marine refueling station in the Indian Ocean.

His last duty on the Longbeach was to patrol the evacuation of troops and civilians from Vietnam in May 1975.

Presently, Mena is a warehouse forklift operator at the Fountain City Service Base.

### FRANK MORALES

Frank Morales served in the U.S Army from July 1968 to March 1970. He took basic training in Fort Campbell, Ky.

He was assigned through Fort Dix, N.J., to Germany for advanced training in mechanized infantry. This specialized training lasted for nine months.

Afterwards, Morales was transferred to the 1st Infantry Division, Number 2 Company of the 2nd Mechanized Infantry Battalion in Vietnam...just in time for the Tet Offensive.

During those 18 months he spent in Vietnam, he received the Vietnam Service Cross and twice earned the Bronze Star.

Presently, Morales is a lock and dam operator at Lock and Dam 1.

## Around the district

THE NEW HOURS OF THE Federal Telecommunications System (FTS) switchboard operators at Fort Snelling, Minn., are 8 a.m. to 4:30 p.m., Monday through Friday. FTS is a service from the General Services Administration.

IN A RECENT ELECTION MEETING of the Employees' Benefit Fund Committee, the committee officers and members were established: Rosemarie Braatz, president; Henrik Strandkov, disbursing officer; Val Miskel, secretary; Betti Schmidt, secretary; Lupe Santos, secretary; Bill Westerdahl, custodian of athletic equipment; Mark Koenig; Katie Giefer; Bob Mike; Bob Stackowiak; and Sue Johnson.

NEAR LAKE MINNETONKA, Minn., on Aug. 25, a number of district co-workers participated in an all-day mobilization exercise, designed to test the readiness of its plans.

TO OBTAIN A FREE COPY of a map of the North Central Division and district boundaries, which includes the St. Paul district boundaries, contact the Public Affairs Office in Room 1217 at (612) 725-7505. The 1982 edition of the map is printed in black, blue and red ink on 21½ by 11-inch paper. The map also shows watershed boundaries, lock and dam facilities, dam and reservoir facilities, and navigation or flood control projects.

AT LOCK AND DAM 1, lock and dam operator Joe Weiberg extinguished a fire on a contractor's truck, on Sept. 3. Weiberg had a similar experience about one and a half years ago when he extinguished a large and potentially dangerous fire which threatened a propane truck.



## People

CONGRATULATIONS go to Bev and Bruce Tamte, ED-D, on the birth of daughter Kelly Jo on Sept. 5 at about 8 lb., 6 oz. She was born at home with the assistance of paramedics.

CONGRATULATIONS go to Jami and John Kliethermes, ED-D, on the birth of daughter Rachel Lynn on Aug. 30 at 6 lb., 12 3/4 oz.

SINCERE SYMPATHY is extended to Waldemar Thiele, L&D 5A, on the death of his mother.

FOND FAREWELL and good luck go to the following who recently left the Corps:

Kristi L. Schaak, L&D 8; Robert R. White, Eric C. White, Ronald L. Wantock and David L. Hentges, Fountain City Service Base; Ralph A. Villagomez, CO-M; Brian A. Tobeck and John M. Bock, Lake Traverse; Kevin P. Skaja and Brian J. Rhodes, Pokegama Dam; Melvin G. Schofield III, CO-M; Jacob C. Pikus and Susan R. Piggott, Mississippi Headwaters Project Office; James C. Olson, Leech Lake; Kristen M. Larson, ED-M; Michael J. Kennedy, Lake Ashtabula & Baldhill Dam; Beth M. Hynes, St. Anthony Falls L&D; James P. Hentges and Jay P. Abts, L&D 5A; Diane J. Fiebiger, ED-M; Lisa J. Christenson, ED-GH; Kathleen A. Bloom, L&D 1; Erma A. Snodgrass, L&D 3 (transferred to the U.S. Army); Ann M. Prochowicz, L&D 6; Jeffrey L. Logan, L&D 1 Rehabilitation Project Office; Gary D. Beck, ED-D (transferred to the Defense Contracts Administration Services, St. Paul); Mark A. Licke, Winnibigoshish Lake; and Jolene E. Blaser, DC-F.

A WARM HELLO goes to former co-worker Lillian H. Snyder, resident of Seymour, Ind. She retired in 1974 after 12 years as a secretary with the Civil Defense Support Branch (which has since moved to the Chicago District). She also worked with Wes Walters, Roger Fast, Joseph Schultz Jr., Saul Fieldman and Hollis Holland. Presently, she is the school secretary for the Anchor Baptist Academy. Her son, Loren Snyder, is the pastor and principal of the academy.

CONGRATULATIONS go to Paul and Catherine Hering, CO-CT, on the birth of son Nathan Edward on Sept. 27 at 7 lb., 7 oz.



## Words don't always come easy

by John Blackstone, ED-GH

Sometimes when I sit down to write, my head becomes empty.

I know that I have something important to say, but the words don't seem to surface. This happens occasionally when I get up to speak.

In this case, it may be that the message is clear and simple and doesn't seem to need any extra verbage, but I tend to make it complicated.

Here is what comes to my mind now...

Toastmasters is a very beneficial and rewarding experience that can help you and me to become better persons in our private and professional lives.

Toastmasters Club needs your support, so please don't hesitate to come visit us this Thursday at noon in the sixth-floor PEDC rooms.

## Around the Corps

THE PHILADELPHIA District awarded a \$6.1 million contract to Detyr Shipyard, Charleston, S.C., to repair damage resulting from a fire in the engine room of the sea-going Hopper Dredge McFarland and for the annual overhaul of the vessel. The McFarland will return to service in March 1983. The district manages all East Coast hopper dredge operations of the Corps.

THE U.S ARMY FACILITIES Engineering Support Agency (FESA) power barge Impedance is being sent to Kingston, Jamaica. The 25,000 kilowatt barge-mounted generator will supply electricity to Jamaica during that country's present electricity crisis. Under an agreement between the Corps of Engineers and the U.S Agency for International Development, FESA is providing 10 active duty Army generator operators to supervise and manage contractor-furnished operators and maintenance personnel during the barge's two-year stay in Jamaica. The agreement between the U.S. and Jamaica cost the Jamaican government more than \$2.5 million.

## Christenson wins humorous speech contest



David Christenson, PD-FS, holds a trophy for winning the Toastmasters Club Annual Humorous Speech Contest on Sept. 16. He spoke about the baby boom and its effects on family life.

To represent the club at the Toastmasters Area 11 Annual Humorous Speech Contest on Sept. 23 was third place winner Phil Schweitzer, CO-CT, because Christenson and second place winner Paul Ryberg, U.S. Postal Service, were unable to attend.

# St. Paul District seventh annual

The seventh annual reunion of St. Paul District Employees, Past and Present, was held at the University Club, St. Paul, Minn., on Sept. 8.

The reunion drew approximately 127 people.

Speakers at the luncheon included District Commander Col. Edward Rapp, North Central Division Commander Brig. Gen. Scott Smith and Twin City Barge Inc. Chairman Jack Lambert.

According to the 1982 reunion coordinator, Henry Harich, a retiree, the two persons traveling the furthest to attend the luncheon were Arthur Pera and Herman Peterson--both are retirees living in Duluth, Minn.

The following photos were taken by Dale Lynch, ED-D.



# reunion draws many people 12



# Undertows

by Henrik Strandskov, CO-RF

There is nothing that brings joy to an author's heart like the knowledge that his words have benefited others.

Last May, "Undertows" offered readers a brief guide to home repairs and at least one of you made good use of the information presented. What follows is a report from Mick Weburg, CO-RF, on his home repair activities.

I present Mick's report with pride. It is good to know that, at least in one little corner of the world, "Undertows" has helped in the human race's constant struggle to reach for the stars (or the main water valve, anyway).

## A REPORT FROM MICK WEBURG

"I read it in the May issue of Crosscurrents," I told my wife, "So, it must be true."

With that, I went on to explain the expert advice given by Mr. Strandskov in "Undertows" on how to do the many jobs around the house. The article had really fired me up and I was ready to get rolling.

After all, I had passed the author's three main tests already: I was so poor I had to do the work myself; I had a few hand and foot tools (including a big rock); and I lived in West St. Paul where "anything goes." (I can attest to that.)

According to the article, the first step was paneling the basement walls. I found Mr. Strandskov's instructions a bit skimpy here, because while he gave good advice on how to find the walls, he didn't say how to tell if they were already paneled or not.

Also, because I know walls often contain those little holes you stick light plugs and stuff into, I figured this part of the job to be dangerous. So, I sent my wife.

It took her two evenings, but finally she reported that we indeed had basement walls and that they appeared to have been paneled by a previous owner. What luck!

Besides, she also found the furnace and even the Styrofoam cooler full of night-crawlers from 1976; but alas, the worms had all turned into spiders.

And, our long-lost puppy was sighted twice on the second night; she was chasing three gerbils that our daughter had long ago given up for dead.

We were unable to capture any of these, which is probably for the best. I would hate to disturb the ecological balance in my basement; one never knows what might appear there to fill the niche.

## MORE FROM MICK'S REPORT

Anyway, not having to panel the walls, we were able to finish the basement according to Mr. Strandskov's instructions in short order. Hanging the black velvet paintings was easy.

The worst part was finding the Hamm's Beer waterfall sign; but, after enough evening outings, I got one. However, I did strain my elbow in the process.

With the basement done, we zeroed in on replacing the master toilet. It had never worked right after my wife dropped her toothbrush in it in 1979.

I had sort of been putting off this task, but "Undertows" inspired me to action. The article was invaluable here. It clearly explained that the bathroom flooded because I had failed to turn off the water in the basement.

But now that the job is done, the article doesn't help much because it neglects to explain why the basement floods every time we flush the toilet.

Even so, this flooding wasn't all bad; it made the dog move back upstairs and the nightcrawlers have revived. So, thank you, Crosscurrents and Mr. Strandskov.

I am really looking forward to next weekend when I plan to paint the living room ceiling, wallpaper the hall and try to find out why water is running out of the ceiling light in the utility room.

Incidentally, Mr. Strandskov's article contained one typographical error. Wainscoting obviously should be "rainsooting." This term refers to the process that causes goeey, black stuff to run off the new, black velvet paintings in the basement and to cover the floor.

The cause is improper placement of the Hamm's waterfall sign.

The obvious cure according to the Strandskov method of home repair is, I am sure, to transfer to the Omaha District.

# Energy awareness: solar energy

*Compiled by the U.S. Army Energy Office, Deputy Chief of Staff for Logistics, Washington, D.C.; June 1982.*

Solar energy is broadly defined to be the energy received from the sun in the form of (a) direct solar radiant energy and (b) indirect solar radiant energy stored in biomass (vegetation), ocean and wind.

Direct solar radiant energy is used in (a) solar water heating, space heating and cooling systems; (b) solar thermal power systems; and (c) photovoltaic power systems.

## SOLAR HEATING AND COOLING

Both passive and active systems are used for heating water or to provide space conditioning.

A passive system is an assembly of natural and architectural components which maximizes solar heat gains in winter, and provides methods to reduce solar heat gains and increase natural cooling in the summer.

Examples of passive elements are insulated drapes, insulation, water on roofs, window thermopanes and triple-track storm windows.

An active system is a solar heating or cooling system that requires external mechanical power to move the collected energy, and generally by the use of the special system components to collect, store and transport the collected energy.

An example of an active system is the solar hot water system, presently in use by Australia, Israel, Japan and United States.

## SOLAR THERMAL POWER

The term "solar thermal power" is used to describe solar systems that provide high temperatures, from 160 C to over 1400 C.

The thermal energy produced by solar thermal power systems can be applied directly to industrial applications or space heating, or it can be converted into electrical or mechanical power.

Small thermal power systems can be used to directly power irrigation projects and for electricification of small communities.

Two types of solar thermal power systems are now in use: those using a central receiver system and those using distributed receivers.

Both systems collect and concentrate direct sunlight for heating working fluids such as high-pressure water, steam, hydro-

carbon oils, molten salts and liquid metals.

How it works: central receiver configurations employ a large field of dual-axis tracking mirrors that intercept the sunlight.

Then the mirrors redirect the sunlight toward a single, large, tower-mounted receiver containing the circulating working fluid.

The circulating working fluid then drives a turbine to generate electricity.

To compensate for the days when the sun does not shine, excess high-temperature thermal energy is stored until needed.

A five-megawatt facility is undergoing testing in Albuquerque, N.M.

How it works: a distributed receiver system concentrates sunlight and turns it into heat at a large number of individual collector modules.

Each collector module consists of a single or segmented mirror in a trough or disc configuration.

Each mirror redirects and concentrates the sun's rays onto a receiver/absorber unit located at the focus of the mirror.

At the focus, the internally circulating working fluid is heated and then pumped through a pipe network to a boiler, heat exchanger or turbine.

Distributor receiver systems are operational in Albuquerque, N.M.; Fort Hood, Texas; and Shenandoah, Ga.

Solar thermal power systems are also now in use in Europe and Japan.

## PHOTOVOLTAIC POWER

Photovoltaic power systems use photovoltaic cells to convert sunlight directly into electricity.

The photovoltaic cells were initially developed for the space program. One of the first uses was on board the Tiros weather satellites in the 1950s.

The single-crystal silicon photovoltaic cells have demonstrated high reliability, long life and relatively high efficiency, but the technology is expensive.

## BIOMASS

Biomass is the term used for the production, harvest and collection of all forms of biological matter resulting from land or marine crops, animal husbandry, forestry, and sewage and municipal waste.

*(See page 14)*

## Solar energy

(From page 13)

The two most practical ways of utilizing biomass as an energy source are direct combustion and digestion.

Direct combustion of agricultural residues and urban wastes is being used to provide process heat and/or to retrofit coal or oil-fired power units, and for space heating, cooking and water heating of residences.

Some biomass techniques are (a) incineration/boiler system to provide steam; (b) anaerobic digester where decomposition of organic wastes turn into a gas mixture of carbon dioxide and methane; (c) producing ethanol from grain; and (d) mixing gasoline and alcohol to create gasohol.

### WIND

The wind is another good source of energy. Wind energy systems are used to convert the kinetic energy of the wind into mechanical or electrical energy.

The mechanical output of a wind energy system can be used to directly drive mechanical equipment; for example, to pump water or to grind grain.

The mechanical output of a wind energy system can also be converted to provide electrical power for homes, farms and industrial facilities, or it can be stored in batteries if energy storage is necessary.

A 200-kilowatt wind energy system is installed at Clayton, N.M., and a larger one is installed in Boone, N.C.

Although the total wind energy resource available in the United States is great, the average wind velocities are generally too low to be cost-effective.

### OTHER COUNTRIES: AUSTRALIA

Australia is the sixth largest country in the world. It is an arid country--one-third is desert and another one-third is steppe and semi-desert.

Although Australia has an abundant supply of natural resources including uranium, coal, natural gas and some oil, its government has committed itself to 20 percent solar conversion by the year 2000.

Australia is involved with solar energy in active and passive solar thermal, wind, photovoltaics, ocean thermal energy conversion and biomass.

### OTHER COUNTRIES: ITALY

While Italy has only small deposits of coal, uranium and oil, moderate supplies of

natural gas do exist.

Hydropower is also widely used.

Italy leads Europe in geothermal energy exploitation.

The areas of solar energy in which Italy is involved with are active and passive solar thermal, biomass, photovoltaics and wind.

### A SHORT HISTORY

For thousands of years, mankind has used solar energy to do work.

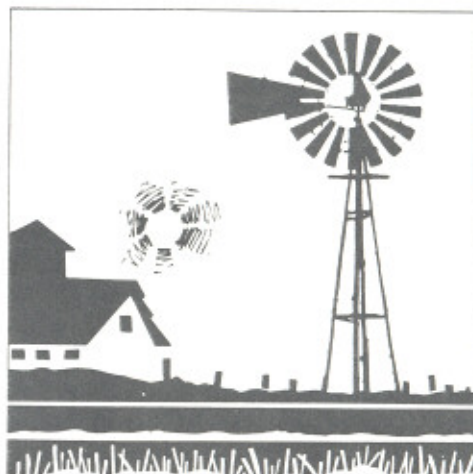
For example, in 700 B.C., Egyptians started ritual fires with the sun's rays.

In 212 B.C., the sun's rays were used by Archimedes to burn up the Roman invasion fleet in the harbor of Syracuse.

In the 18th century, Englishman Joseph Priestley designed and operated a solar furnace that reached temperatures up to 3200 F.

In the 19th century, Thomas Jefferson built his home (Monticello) near Charlottesville, Va., by using passive solar techniques to keep his house cool.

Jefferson built thick walls that absorbed the sun's heat on hot days; designed floor plans that took advantage of any summer breeze; and located skylights above stairways to increase air circulation.



**ENERGY  
CONSERVATION  
WEEK OCT 24-30**

# Energy awareness: heating and cooling

*Compiled by the U.S. Army Energy Office,  
Deputy Chief of Staff for Logistics,  
Washington, D.C.; June 1982.*

## INSULATE AND DRAFT-PROOF

Find out if your home needs insulation and if so, about R-values before you buy your insulation materials.

Insulate or increase the amount of insulation in your attic floor or top floor ceiling to a minimum of R-26 for these spaces. Test your windows and doors for airtightness. Caulk and weatherstrip them as necessary.

Install storm windows.

## WHEN HEATING AND COOLING

Close off unoccupied rooms and shut their heat or air conditioning vents.

Use kitchen, bath and other ventilating fans sparingly.

Keep your fireplace damper closed unless you have a fire going.

## USING HEATING EQUIPMENT

If you use electric furnace heating, consider a heat pump system.

If you plan to buy a new gas heating system, ask your gas utility or public service commission about the savings potential of electronic ignition.

Consider the advantages of a clock thermostat for your heating system.

Consider buying a properly sized furnace that incorporates an automatic flue gas damper.

Insulate heating ducts in unheated areas.

Don't use your fireplace for supplemental heating when your furnace is on.

Lessen heat loss if you use your fireplace when the furnace is on by lowering the thermostat setting to between 50 F and 55 F.

Close all doors and warm air ducts entering the room with the fireplace, and open a window near the fireplace about one half to one inch.

If you have a simple open masonry fireplace, consider installing a glass front or a glass screen.

## WHEN THE HEAT IS ON

Lower your thermostat to 65 F during the day and 55 F at night.

Keep windows near your thermostat tightly closed.

Have your oil furnace serviced at least once a year.

Clean or replace the filter in your forced-air heating system each month.

Check the duct work for air leaks about once a year if you have a forced-air heating system.

If you have oil heat, have your service representative check to see if the firing rate is correct.

Don't let cold air seep into your home through the attic access door.

Dust or vacuum radiator surfaces frequently.

Keep draperies and shades open in sunny windows; close them at night.

For comfort in cooler indoor temperatures, use the best insulation of all-- warm clothing.

## USING AIR CONDITIONING EQUIPMENT

If you need central air conditioning, select a unit with the lowest suitable capacity and highest efficiency.

Make sure the ducts in your air conditioning system are properly insulated.

If you don't need central air conditioning, consider using individual window or through-the-wall units.

Install a whole-house ventilating fan.

## WHEN THE AIR CONDITIONER IS ON

Set your thermostat at 78 F. Don't set your thermostat at a colder setting than normal when you turn your air conditioner on.

Set the fan speed on high except in very humid weather.

Clean or replace air conditioning filters at least once a month.

Turn off your window air conditioner when you leave a room for several hours.

Consider using a fan with your window air conditioner.

Don't place lamps or TV sets near your air conditioner thermostat.

## WITH OR WITHOUT AIR CONDITIONING

Keep out daytime sunlight. Keep lights low or off.

Do your cooking and use other heat-generating appliances in the early morning and late evening hours whenever possible.

*(See page 16)*

## Heating and cooling

(From page 15)

Open the windows instead of using your air conditioner or electric fan.

Consider turning off the furnace pilot light in the summer.

Dress for the warmer indoor temperatures.

### WITHOUT AIR CONDITIONING

Be sure to keep windows and outside doors closed during the hottest hours of the day.

Use window or whole-house ventilating fans to cool the house when it's cool outside. Use vents and exhaust fans.

### WHEN BUILDING A HOME

Consider a square floor plan.

Insulate walls and roof to the highest specifications recommended for your area.

Insulate floors, too, especially those over crawl spaces, cold basements and garages.

If the base of the house is exposed, as in the case of a mobile home, build a "skirt" around it.

Install louvered panels or wind-powered roof ventilators.

Consider solar heat gain when you plan your window locations. Install windows you can open. Use double-pane glass throughout the house.

Place your refrigerator in the coolest part of the kitchen.

Install the water heater as close as possible to areas of major use.

If you live in a warm climate, remember that light-colored roofing can help keep houses cooler.

### WHEN BUYING A HOME

Consider all the ideas mentioned for building a house.

Ask for a description of the insulation and data on the efficiency of space heating, air conditioning and water heating plans.

Consider the need for additional insulation or replacement of equipment.


### WATER HEATERS

Buy a water heater with thick insulation on the shell.

Add insulation around the water heater you now have if it's inadequately insulated.

Check the temperature on your water heater.

# HUNTING HINTS



"I didn't know it was loaded."  
"We were only going out for the day and the weather was supposed to be nice."  
"I never got lost in the woods back home."  
Statistics show that 90 percent of all hunting accidents are the result of carelessness or ignorance. There are ten basic commandments of firearms safety which every hunter should follow:

1. Treat every gun with the respect due a loaded gun.
2. Watch the muzzle.
3. Unload guns when not in use.
4. Be sure barrel and action are clear of obstructions.
5. Be sure of your target.
6. Never point a gun at anything you do not want to shoot.
7. Never climb a fence or tree, or jump a ditch with a loaded gun.
8. Never shoot a bullet at a flat, hard surface.
9. Store guns and ammunition separately.
10. Avoid alcoholic beverages before and during shooting.

When you go hunting, always remember to let someone know where you are going and when to expect your return. Don't travel alone, especially in rough terrain. Plan your activity, and be aware of the terrain and landmarks. Take enough food for a few extra days, and have basic survival equipment and proper clothing. Be familiar with first aid procedures.

A Public Service of This Newspaper  
& The Advertising Council 

# People are dying for your help. Give blood.

Red Cross  
is counting  
on you.





# Watching your blood pressure is important

From "Safe worker," Vol. 54, No. 9; September 1982; National Safety Council.

Blood pressure is the force that flowing blood exerts against the wall of the arteries which carries it to all parts of the body.

The heart, through its pumping action, generates this blood flow. Large arteries leaving the heart branch into smaller arteries, called arterioles.

The arterioles gradually taper down to capillaries, miniscule blood vessels which feed the blood's valuable nutrients and oxygen to all body tissues.

The blood returns to the heart through a network of veins. Arterioles are elastic. Every time the heart beats, they dilate, or enlarge, to allow the blood to flow through.

When the heart is at rest in between beats, the arterioles contract, or become smaller, and the pressure is reduced.

## TAKING YOUR BLOOD PRESSURE

When your doctor takes your blood pressure, he/she records two measurements. The first is the systolic pressure--the pressure in the arteries when the heart is pumping blood.

The second number is diastolic pressure, the pressure in the arteries when the heart is relaxing, filling with blood for the next beat.

The doctor would write your pressure as the systolic number "over" the diastolic number.

## WHAT IS HIGH PRESSURE

"Normal" blood pressure is generally accepted to be about 120 over 80.

High, low and normal ranges, however, are arbitrary and vary from person to person. To help them diagnose and treat high blood pressure, medical experts have adopted these rules:

\* SYSTOLIC measurement greater than 140 is considered abnormal in any adult.

\* NORMAL DIASTOLIC pressure for 45-year-olds are as follows: men, below 90; women, below 95.

\* DIASTOLIC readings in the 90 to 105 range are inconclusive. Your doctor will want to monitor your blood pressure closely before reaching a diagnosis.

\* DIASTOLIS pressure greater than 105 indicates real hypertension and the need for immediate treatment.

Your blood pressure fluctuates from hour to hour, day to day. It is influenced by your diet, emotions and the amounts of exercise and rest you receive.

## HOW CAN HYPERTENSION HURT?

In persons with high pressure--for reasons which are, at least for now, inexplicable--the normally elastic arterioles narrow, thicken and clamp down, making it difficult for the blood to flow through.

The heart must work harder and harder to force the blood through the arterioles. The increased pressure often damages or destroys the vessels, which makes them unable to supply blood to the organs they serve.

Eventually, this insufficient blood supply will damage these organs, too. At first, the victims of high blood pressure don't realize that anything is wrong. They feel fine.

The brain, heart and kidneys--vital organs seriously affected by hypertension--can withstand the excessive pressure for a long time.

When hypertensives actually do begin to experience symptoms, the disease is usually well advanced.

These symptoms include dizziness, shortness of breath, spots before the eyes or blurred vision and pounding headaches, particularly in the morning. Fatigue, insomnia and excessive flushing of the face are common.

## IF HYPERTENSION IS UNCHECKED

Even though you may not feel the effects of hypertension for years, it's hurting your body every minute it's left unchecked.

The heart, under constant strain to pump with greater force, may become enlarged, work less efficiently and eventually lead to heart attack.

In fact, three-fourths of those who experience heart failure do so because their hypertension is uncontrolled.

Kidneys which receive an inadequate blood supply may fail and become diseased. Because the kidneys can't do their job of removing body wastes efficiently, **these wastes build up in the bloodstream and poison the body.**

If arteries don't send enough blood to the brain, parts of the brain "die," resulting in stroke or permanent damage.

(See page 18)

## Blood pressure

(From page 17)

High blood pressure can also place chronic strain on the eyes which could eventually cause blindness.

It could also speed up arteriosclerosis, hardening of the arteries, or atherosclerosis, the build up of fat and other materials inside the artery wall.

### WHO GETS HIGH PRESSURE?

One of every five Americans has hypertension.

Although it tends to make its first appearance between the ages of 30 to 50, anyone can get high blood pressure, at any time at any age.

### WHAT CAN YOU DO?

Begin by having a thorough medical examination. In addition to taking your blood pressure, your doctor should order a urinalysis and a series of blood tests, listen to your abdomen and take a complete medical history.

On the basis of this information, he/she will determine whether you have primary or secondary hypertension. If you have secondary hypertension, the doctor will begin treating the condition which is causing your

high blood pressure.

If you have primary hypertension, your doctor will initiate the therapy which should keep your high blood pressure under control.

Your individualized treatment plan may include a mix of these components:

\* **DIET.** If you're overweight, your doctor may advise you to take off those extra pounds. Why? Fat reserves must be supplied with blood and blood volume increases with body weight.

\* **EXERCISE.** Moderate exercise such as walking or light jogging lowers your blood pressure and makes you feel good. Avoid strenuous exercise which strains the heart.

\* **DRUG TREATMENT.** Your doctor has hundreds of anti-hypertensive drugs from which to choose. They fall into three categories: those which relax the blood vessels; those which block the nerves to blood vessels and diuretics, those which eliminate extra fluids from the body.

\* **RESTRICT SALT.** Salt retains fluids which impose an extra burden on your heart. Use doctor-approved salt substitutes.

\* **AVOID UNHEALTHY HABITS.** Smoking is a risk factor in coronary heart disease and hardening of the arteries. Drinking in moderation may be acceptable with the doctor's permission.



**COLUMBUS  
DAY 1982**

**OCTOBER 11**

## Softball highlights

A St. Paul District softball team recently received a second place trophy for their efforts in the Class A competition of the Federal Employees' Softball League tournament, at Fort Snelling, Minn.

Team members include Paul Martinez (captain), Pete Casillas, Dave Danielson, Bob Engebretson, John Henke, John Johnson, Mark Koenig, Monica Koenig, Dale Mazar, Ken Harrell, Steve Munos, Mary Muraski, Julie Salves, Dave Schwan and Carol Wilander.

# Walk, Then Jog To Fitness

Exercising now is a sound investment in good health later. And the first step to starting an exercise program is a thorough medical checkup. If you haven't had an exam in the past year, or if you are past 30, the checkup may help you avoid serious consequences.

Chances are, your physician will give you an unconditional go-ahead.

Printed below are walking and jogging programs recommended by the President's Council on Physical Fitness and Sports. Before you begin one, however, the Council suggests you take a walk and/or walk-jog test to help you find out what shape you're in, and at what level to start your fitness program.

**Walk Test.** The object of this test is to determine how many minutes (up to 10) you can walk at a brisk pace, without undue difficulty or discomfort, on a level surface.

■ If you cannot walk for five minutes, you should begin with the **Walking Program**.

■ If you can walk more than five minutes, but less than 10, you should begin with the third week of the **Walking Program**.

■ If you can walk for the full 10 minutes, but are somewhat tired and sore as a result, you should start with the **Walking-Jogging Program**.

■ If you can breeze through the full 10 minutes, you are ready for bigger things. Wait until the next day and take the Walk-Jog Test.

**Walk-Jog Test.** In this test you alternately walk 50 steps (left foot strikes ground 25 times) and jog 50 steps for a total of 10 minutes.

Walk at the rate of 120 steps per minute (left foot strikes the ground at 1-second intervals). Jog at the rate of 144 steps per minute (left foot strikes ground 18 times every 15 seconds).

■ If you cannot complete the 10-minute test, begin at the third week of the **Walking-Jogging Program**.

■ If you can complete the 10-minute test, but are tired and winded as a result, start with the last week of the **Walking-Jogging Program** before moving to the **Jogging Program**.

■ If you can perform the 10-minute test without difficulty, start with the **Jogging Program**.

## Walking Program

Week	Daily Activity
1	Walk at a brisk pace for 5 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 5 minutes, or until you become uncomfortably tired.
2	Same as Week 1, but increase pace as soon as you can walk 5 minutes without soreness or fatigue.

3 Walk at a brisk pace for 8 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 8 minutes, or until you become uncomfortably tired.

4 Same as Week 3, but increase pace as soon as you can walk 8 minutes with soreness or fatigue.

When you have completed Week 4 of this program, begin at **Week 1** of the **Walking-Jogging Program**.

## Walking-Jogging Program

Week	Daily Activity
1	Walk at a brisk pace for 10 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 10 minutes, or until you become uncomfortably tired.
2	Walk at a brisk pace for 15 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly for 3 minutes.
3	Jog 20 seconds (50 yards). Walk 1 minute (100 yards). Repeat 12 times.
4	(Same as Week 3)

When you have completed Week 4 of this program, begin at **Week 1** of the **Jogging Program**.

## Jogging Program

Week	Daily Activity
1	Jog 40 seconds (100 yards). Walk 1 minute (100 yards). Repeat 9 times.
2	Jog 1 minute (150 yards). Walk 1 minute (100 yards). Repeat 8 times.
3	Jog 2 minutes (300 yards). Walk 1 minute (100 yards). Repeat 6 times.
4	Jog 4 minutes (600 yards). Walk 1 minute (100 yards). Repeat 4 times.
5	Jog 6 minutes (900 yards). Walk 1 minute (100 yards). Repeat 3 times.
6	Jog 8 minutes (1200 yards). Walk 2 minutes (200 yards). Repeat 2 times.
7	Jog 10 minutes (1500 yards). Walk 2 minutes (200 yards). Repeat 2 times.
8	Jog 12 minutes (1700 yards). Walk 2 minutes (200 yards). Repeat 2 times.

## Co-worker reaches new heights in climbathon

Co-worker Debra Drobac, a clerk-stenographer in the Real Estate Office, was the first woman to reach the top of the IDS building in Minneapolis, Minn., during the Second Annual IDS Climbathon for Cystic Fibrosis, on Sept. 25.

Drobac climbed 51 flights of stairs in less than 13 minutes. She was the first woman among a number of climbers to reach the top.

Many of Drobac's co-workers sponsored her in the climbathon to help her donate about \$432.90 to charity.

She plans to participate in next year's climbathon.



# Golf league wraps up 1982 season

The St. Paul District Corps Golf League concluded its second season with a play-off and bratwurst feed on Sept. 21.

This year's league champions are Dave Tschida, Gary Ditch, Jeff McGrath and Bob Northrup.

The team placing second include Bob O'Connor, Joel Face, Al BJORQUIST and Dave Miller.

BJORQUIST also received a trophy for winning the most match points over the season--a new league record of 218, surpassing the old record by 19 points.

Bill Spychalla received the "Sportsmanship" trophy and was recognized as the player most likely to improve next season.

## YEAR-END STATISTICS

Twenty-four regular players and 11 substitute players participated in the league this year. Seven of the 24 regular golfers played in all 10 season matches.

The overall league average dropped from 95.1 points last year to 91.2 this year.

Northrup was the most improved golfer, trimming his season average from 107.8 points last year to 97.4 this year.

Thanks go to all who helped make the league a big success this year. Special recognition goes to the 1982 Rules Committee members, Ed McNally and Greg Eggers, for their hard work.

The Rules Committee for the 1983 season include Wayne Koerner (coordinator), Gary Ditch and Dave Haumersen.



First place winners are (from left to right) Jeff McGrath, Gary Ditch and Bob Northrup. Not pictured is Dave Tschida. (Photos are courtesy of Wayne Koerner, PD-PF)

(See page 22)

## Golf league

(From page 21)



Second place winners are (from left to right) Dave Miller, Al Bjorkquist, Joe Face and Bob O'Connor.



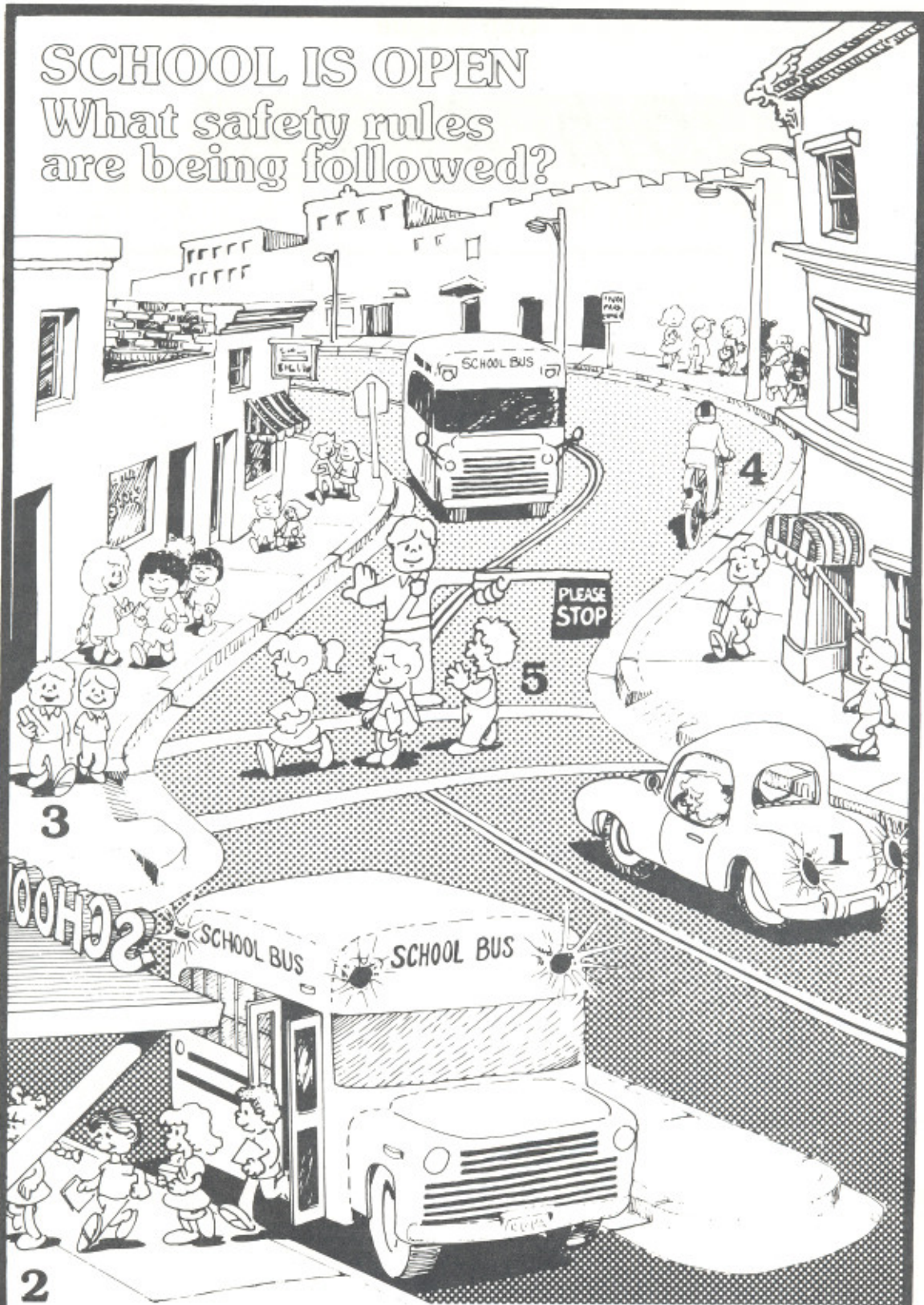
Al Bjorkquist had the most match points throughout the season.



Bill Spychalla is the player most likely to improve next season.

# SCHOOL IS OPEN

What safety rules are being followed?



## ANSWERS

- 1) This driver is stopping for the people in the crosswalk, and obeying the signals from the School Bus Safety Assistant.
- 2) These students are leaving the bus one at a time, with no pushing or shoving.
- 3) These students are walking safely on the sidewalk.
- 4) This cyclist is riding with the traffic.
- 5) These children are crossing safely at a marked crosswalk.

# *5th Annual*

*"Employees Benefit Fund"*

## *ARTS & CRAFTS HOLIDAY BOUTIQUE*

*November 8, 9 & 10, 1982  
Room 1033  
9:00 a.m. to 3:00 p.m.*



# *SEE YOU THERE*