



US Army Corps  
of Engineers  
St. Paul District

# Crosscurrents

Vol. 6

No. 1

September 1982

## Lock and Dam 5 damaged in accident

The upper end of the upper guidewall at Lock and Dam 5, near Minnesota City, Minn., was damaged in a tow accident on July 30, about 5:11 p.m.

A towboat, the motor vessel SUNSHINE, and 12 loaded grain barges were traveling southbound and approached the Corps facility for a lockage downriver.

According to lockmaster Irvin Kerkenbush, the lead barge struck the end of the guidewall, breaking off a large piece of concrete, which in turn pushed over an old, concrete, upper gage house into the water.

The impact cracked the outer hull of the barge, which was loaded with 1,400 tons of soybeans.

When a tug tried to move the damaged barge, it immediately sunk into the shallow water near the riverbank. The double-hull construction of the barge prevented the cargo of soybeans from getting wet.

The cargo was transferred to another barge by a contractor and the entire tow completed lockage on July 31, after approximately a 29-hour delay.

During the incident, the navigation channel did remain open and river traffic could move through the lock.

Cost of the damage to the lock has not been determined yet. The tow company is currently investigating the repair needs of the damaged lock.



The guidewall lost a piece of concrete 10 by five by six feet in size, and a gage house. (Photo by C. Giaquinto, ED-D)

## New hotline available

The Omaha District's civilian payroll office, which services more than 47,000 Corps employees worldwide, has established a communication center called the payroll office "hot line" for the purpose of providing better telephonic response, according to Omaha District Commander Col. William V. Andrews Jr.

Personnel at the new communication center will respond to questions concerning pay and leave as asked by serviced organization payroll liaison officer.

Andrews says inquiries will be answered by one of the four payroll technicians assigned to the center.

The procedure became effective July 14. If the communication unit has insufficient information to answer the inquiry, it will forward calls to unit supervisors or payroll clerks.

The payroll hot line system consists of a pool of five WATS lines for incoming calls accessed by dialing 1-800-228-7336.

Providing the service will be the result of having all employees' payroll file histories on microfiche.

For quick access, the microfiche are stored in rotary files in the communication center.

Information for any pay period will be available for inquiry on Wednesday following the week of pay computation, i.e., settlement date for direct-deposit, electronic funds transfer (DD/EFT).

## New director named

Chief of Engineers Lt. Gen. J.K. Bratton announced on July 28 the appointment of David C. Gray as Director of Real Estate, Office of the Chief of Engineers, Washington D.C.

The Directorate of Real Estate provides the Corps of Engineers with complete staff management functions dealing with real estate for the Army, both military and civil, and the Department of the Air Force, National Aeronautics and Space Administration, the Department of Energy and other government agencies as assigned.

In general, these functions involve the development of real estate budgets, and the planning, appraisals, acquisition, management and the disposal of real estate.

Before his present appointment, Gray served as chief of the Real Estate Division, Ohio River Division.

Among the highlights of his 26 years of service with the Corps have been preparing real estate plans for the NASA Lunar Launching Site, Manned Lunar Program, Cape Canaveral, Fla; preparing the real estate plans for the Inter-Oceanic Canal studies throughout Central America in the early 1960s; and directing the real estate program during the Dominican Republic Occupation in the mid 1960s.

Gray is a native of St. Petersburg Fla. He and his wife, Patricia, have two children.

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

*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.*

*Commander  
Public Affairs Officer  
Editor and Photographer*

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

## Co-worker injured

Co-worker Juanita Norris, a lock and dam operator, was injured while assisting the lockage of a tow at Lock and Dam 2, on July 30, approximately 3 a.m.

She suffered head and spinal injuries after falling from a lockwall.

Norris was alone on a lockwall, removing a stern line from a mooring button. She walked along the wall with the line and stopped.

According to Norris, she was holding the line with one hand and holding the rail with the other.

Apparently, the line suddenly jerked, pulling her over the rail. She struck her head on the edge of the wall and fell 15 feet onto a barge. She was found unconscious.

Norris was taken by ambulance to a Hastings hospital and transferred to Ramsey Hospital in St. Paul for surgery.

She was discharged from the hospital on Aug. 14 and is presently resting at home. She hopes to return to work soon.

The accident is currently under investigation.

## Dredging plans hit snag

by Rosemarie Braatz, CO-A

The Minneapolis Park and Recreation Board took exception to the Corps of Engineers plan to dump dredge material on park board land near the Lake Street Bridge in pool 1.

However, after a couple of days of negotiating the court action, the Corps got the go-ahead, on July 28, to place 75,000 cubic yards. The Dredge William A. Thompson finished the job on Aug. 3 and moved to the Smith Avenue Bridge site in St. Paul.

Dredge Thompson and the Booster Barge Mullen had been moved upriver after some barges ran aground and others had to lighten their loads to move through the constricted channel.

As they prepared to dredge, the park board requested an injunction from U.S. District Judge Miles Lord, who visited the site himself and decided that environmental damage might result from the Corps plan to dump 60,000 cubic yards, plus another 40,000 cubic yards that would be removed later.

He issued a temporary restraining order. But the next day, in court, after the Corps and the park board failed to reach an agreement, Judge Lord decided to allow the reduced amount of dredging to "permit barge traffic to move on the river during the low-water period this summer and fall."

The judge said that he will decide within two months whether the Corps has a right to dump on park property, evaluating a 1949 easement granting the Corps this right.

He also said that he would consider at that time a motion to require the Corps to remove the deposits from the park land if he determines that the Corps does not have a legal right to dump on that property.

The park board wants the Corps to relinquish its easement, but St. Paul District officials responded they are not empowered to do so.

The Corps believes it could dump 230,000 cubic yards of the dredged material on the park board land without environmental damage.

### NEGLECT CAN KILL, TOO. IT JUST TAKES A LITTLE LONGER.

To most minds, child abuse equals battered children. But the awful fact is that thousands of parents are abusing their children by leaving them alone. It's called neglect, and it can mean a lack of love, food, clothing or shelter. And just as in the other forms of child abuse—physical, sexual and emotional—it can and often does result in death. Each year one million children feel the needless pain of child abuse. It can be prevented if you help.

**Abused children  
are helpless.  
Unless you help.**



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

# Where your rights begin and end

From "American Forces Press Service," No. 2085, Aug. 9, 1982; Department of Defense, Washington, D.C.

As a patriotic American who wants to keep the country strong and help the economy improve, you have some firm ideas of the people you would like to see selected in November, right?

Before you leap into battle in support of your favorite candidate, political party or partisan issue, be sure you're familiar with what the law permits you--as an employee of the federal government--to do and what it prohibits you from doing in the political process.

However none of these rules and regulations keep you from exercising your right to register and vote.

## A FEDERAL EMPLOYEE MAY...

- \* DISPLAY political stickers on his/her car.
- \* MAKE voluntary campaign contributions to a political party or organization but not an individual partisan candidate.
- \* EXPRESS an opinion as an individual, privately and publicly, on political candidates or issues--so long as he/she doesn't take an active part in partisan politics.
- \* SERVE as an election clerk or judge, or in a similar position and perform non-partisan duties prescribed by state or local law.
- \* BE A member of a political party or other political organization, attend meetings and vote on issues.
- \* TAKE part actively as a candidate or in support of a candidate in a non-partisan political election.
- \* SIGN a petition as an individual.
- \* ATTEND a political convention, rally, fund raising function or other political gathering.
- \* BE politically active in connection with an issue not specifically identified with a political party such as a constitutional amendment, referendum or approval of a municipal ordinance.
- \* PARTICIPATE in the non-partisan activities of a civic, community, social, labor professional or similar organization.

## A FEDERAL EMPLOYEE MAY NOT...

- \* SERVE as a political party officer, member of a national, state or local political committee, an officer or member of a committee of a partisan political organization, or be a candidate for any of these positions.
- \* ORGANIZE or reorganize a political party, organization or club.
- \* DIRECTLY or indirectly seek, receive, collect, handle, disburse or account for assessments, contributions or other funds for partisan political use.
- \* ASK for political contributions from other government employees or request or receive political contributions in buildings where federal employees work.
- \* SELL tickets or actively promote activities such as political dinners of a candidate in a partisan election or a political party or political club.
- \* WORK at the polls for a partisan candidate or political party.
- \* HELP manage the campaign of a candidate in a partisan election for public office or political party office.
- \* BE a delegate, alternate or proxy to a political party convention.
- \* ADDRESS a convention, rally, caucus or similar political party meeting in support of or opposed to a candidate for public office or political party office, or on a partisan political question.
- \* DRIVE voters to the polls for a political party or for a candidate in a partisan election.
- \* START or circulate party nominating petitions.
- \* ENDORSE or oppose a candidate in a partisan election through a political advertisement, broadcast, campaign literature or similar material; become a candidate for or campaign for an elective public office in a partisan election except as specifically provided for in the code of federal regulations.

## IF YOU HAVE ANY DOUBTS

If you have any doubts as to what's allowed and what isn't, check with your commander, personnel officer or legal officer before getting involved.

A violation of the Hatch Act or related federal regulations can lead to a fine, imprisonment and discharge from the federal government.

## People

CONGRATULATIONS go to Susan and Al Bjorkquist PD-FS, on the birth of their daughter Sara Marie on July 23 at 9 lb.

CONGRATULATIONS go to Sheryl and David Rydeen ED-GH, on the birth of their son Benjamin David on Aug. 18 at 8 lb., 6 oz.

CONGRATULATIONS go to James A. Stamnes and Laurie J. Andrews, CO-RF, who were married July 15 in St. Paul, Minn.

SINCERE SYMPATHY is extended to James Muegge, ED-GH, on the death of his father.

FOND FAREWELL and best wishes go to Floyd Mayberry, a deckhand on the Derrickbarge Hauser, who retired on Aug. 6 after approximately 13 years of federal service.

FOND FAREWELL and good luck go to the following who left the Corps recently: Lawrence A. Jones, CO-M; Kimberly A. Wick, CO-RF; John S. Koldoji, CO-M; Curtis R. Kloss, Mankato Flood Control Project Office; Lloyd G. Wulf, ED-GH; Randall L. Lego, Leech Lake; Kenneth L. Wilkie, Timothy T. Tierney, Eric W. Mickelson and Joe L. Gefroh, Sandy Lake; Ruth Ertzgard, ED-D; Wendy L. Bayless, PD-RC; David Ekstrand, ED-D; and Caroline L. Watterworth, ED-D.

## Incentive awards

Exceptional Performance Rating and Sustained Superior Performance Award:  
Carol Wilander, CO-RF


Exceptional Performance Rating:  
Michael Doherty, CO-RF  
Vern Gunderson, Dredge William A. Thompson

Sustained Superior Performance Award:  
Kay Smith, DC  
John Esslinger, L&D 10  
Sheldon Fox, Message Center  
Homer Rognlie, CO-C

Special Act Award:  
A. Joanne Catherman, SP  
Al Mathews, L&D 1  
Margaret Tavis, Sandy Lake  
Dennis Dickson, Winnibigoshish Lake

Suggestion Award:  
Julie Salves, CO-RF, \$100  
Gerry Enger, ED-D, \$30  
Debra Busch, EP-R, \$25  
Rodney Schultz, L&D 8, \$75  
Robert Beier, L&D 1, \$20  
David Hawkenson, L&D 1, \$20  
Charles Stenerson, L&D 9, \$30  
Richard Boller, L&D 9, \$30

**Don't let 'em  
knock your  
block off!**



Call your local  
police, and learn how  
to help protect your  
neighborhood.  
Help me, McGruff™

**TAKE A BITE OUT OF  
CRIME**

© 1991 The Advertising Council, Inc.  
A message from the  
Crime Prevention Coalition.  
Circle 10 in Reader Service and The Ad Council



**American  
Red Cross**

**Time on  
your hands?**

**We could use  
those hands.**

**Join us.**

A Public Service of The Magazine & The Advertising Council

## Around the district

FROM LOCK AND DAM 1, on June 10, Robert Beier, Jim Ryan and Kathy Bloom responded to an emergency call to assist a woman and child that had fallen down a steep embankment along the river's edge. They applied first aid and transported the victims by lifeboat to an ambulance.

AT RADISSON PLAZA, St. Paul, the district hosted the annual Corps-wide Structural Engineering Conference, July 19 through 23. Approximately 145 Corps engineers from throughout the world attended, along with representatives from other agencies and organizations.

AT LOCK AND DAM 1, on July 23, Robert Bauer discovered the theft of a lifeboat and four motors. Bauer traveled downriver by boat and located the items and the thieves. Bauer pursued the thieves, but they escaped with three motors. The lifeboat and one motor was recovered.

AT HARRIET ISLAND in St. Paul, Minn., the Corps participated in the Second Annual Mississippi River Revival Festival on Aug. 1, with an information booth.

FROM LOCK AND DAM 1, on Aug. 13, Gerald Ducharme, Joe Weiberg and Kathy Bloom called an ambulance and assisted an injured boater who broke his arm when his boat ran into a buoy near the lock.

FROM LOCK AND DAM 1, on Aug. 15, George Jaeger, Ted Walchessen and Kathy Bloom responded to an emergency call to assist a heart attack victim who was a passenger on the cruise boat, Jonathon Padelford. They rigged a walkway to assist the victim's transport from the boat to an ambulance.

AN EXHIBIT AND INFORMATION booth was placed at the annual Minnesota State Fair, held Aug. 26 through Sept. 6.

AT KINGS COVE MARINA in Hastings, Minn., an exhibit and information booth was placed as part of the annual Twin Cities In-Water Boat Show, Sept. 9-12.

A CORPS PROJECT, the Lake Rebecca Park and Natural Area in Hastings, Minn., was dedicated on Aug. 29. The project features a 900-foot earthen dike and a control structure; a two and one half-foot lake raise; restoration of fish population by the Minne-

sota Department of Natural Resources; day-use recreation facilities; excavation and shaping of lake bottom; and acquisition of flowage easements. The project cost \$1.28 million.

### Are you a thief?

*compiled by Billie Kimler, EM*

The government pen that accidentally went into your bag and wound up next to the telephone at home beside a pad that somehow got into your briefcase...

The colored pencils your child needed for a special school project and the graph paper you couldn't find at the store...

The battery-powered lantern used to light the office hallways in case of an emergency and now provides light for your camper...

Small items? Sure

The pen cost only seven cents; the yellow writing pad, 42 cents; the lantern \$6.70 Not much is it? But, by simply taking these everyday, low-priced items you have become a thief.

Through its own civilian employees and military personnel, the Army loses millions of dollars each year in such products.

Other commonly stolen items include not only pens and pencils but dictionaries, scissors, paper clips, felt tip markers, tools, locks, batteries, hand cleaners and detergents.

Think that government pen, which you accidentally took home and perhaps passed on to the local gasoline station attendant, doesn't mean much, especially when it costs the government only seven cents?

Let's look at an example.

If, each year, you took home five of those pens, one pair of scissors, a box of paper clips, three felt-tip pens and five yellow, legal sized tablets, you cost the government only a mere \$7.60.

Not much. But multiply that amount by all the government employees and millions of dollars disappear each year in small, easily procured items.

Are you a thief?

## Around the Corps

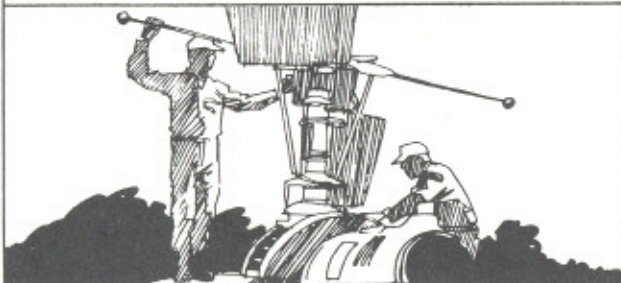
IN DES MOINES, Iowa, in mid-July, a U.S. District Court sentenced a chief engineer with the Corps, Richard F. Johnson, to two years' probation, fined \$2,500 and ordered to pay \$3,500 in restitution for making fraudulent claims for car washes that never took place. Johnson was indicted earlier by a federal grand jury on charges of fraudulently using a government credit card to pay for 400 car washes at \$7 per wash.

THE FIRST CORPS contract under the Environmental Protection Agency Superfund Program was awarded to CECOS International Inc. of Niagara Falls, N.Y. The \$1,052,305 contract calls for removal of contaminated equipment at Lehigh Electric and Engineering Company Grounds, an inactive incineration, reclamation and storage facility located at Old Forge, Pa. Analysis of soil samples indicated that high levels of polychlorinated biphenyls,

SAVANNAH DISTRICT'S deputy district commander, Lt. Col. Walter Heme, retired from the U.S. Army in late July after more than 20 years of service. Prior to his assignment to the Savannah District, Heme served as deputy district commander of the St. Paul District.

### TURN YOUR MILITARY EXPERIENCE INTO AN EXTRA INCOME.

As a veteran of any armed service, you can earn extra monthly income in the Army Reserve, without going through the usual initial training. Work one weekend a month and two weeks a year in your community. Join within 30 months of your discharge, and you may get back your old rank.



**ARMY RESERVE.  
BE ALL YOU CAN BE.**

## Appreciation is expressed

*The following is from a letter written by Daryl Beall of Fort Dodge, Iowa, to the Corps of Engineers expressing his appreciation:*

"Recently, my family and friends were houseboating on the Mississippi River--our first experience.

"We had two experiences with the Corps of Engineers. Both were very positive and left me feeling good about the Corps.

"Upstream from Lock and Dam 9, near Lynxville, Wis., our motor failed just as a storm was brewing.

"Lock and Dam operator Richard J. Boller, in danger himself, brought a small boat to our rescue and towed us in. His boat nearly capsized in the wake of a larger boat. He brought our families to safety for which I am most grateful.

"He and head lock and dam operator James E. Greene were most hospitable and allowed us to tie up downstream during the storm and for the night. Greene explained the lock and dam system to us later that evening.

"Our earlier encounter with the Corps also involved Greene. We were entering Lock and Dam 9, four days earlier.

"Obviously we were novices and a very helpful Greene shared a brochure and advice to help us "lock through" without incident.

"Both these men were courteous, professional and great representatives of the Corps. In the case of Boller, I would also add the adjective courageous."

**MANY  
HAPPY  
RETURNS**



Take  
stock  
in America.

# Women exit no-growth careers

by Margaret McBride

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

The hours are still nine to five, but it feels real different. Some call it getting out.

"It" is Upward Mobility--a program that has helped hundreds of civilian employees, especially women, get started on new careers.

The program has been in effect Corps-wide since 1974. In December 1981, of the 260 active participants, 70 percent were women and 25 percent minorities.

The program is younger at Corps headquarters in Washington, D.C. Since 1979, 18 people--all women--have entered Upward Mobility. All were once secretaries or administrative assistants. Now they're safety technicians, editors, program assistants, budget analysts...and more.

Sheila Reid, an employee development specialist at Corps headquarters, describes the program as a bridge, or door-opener for employees in lower graded positions with little or no chance for advancement.

Upward Mobility gives them an opportunity to enter paraprofessional, professional or technical assistant positions.

## POTENTIAL COUNTS

Upward Mobility positions are advertised like any other job. But Upward Mobility jobs are unique. Because an intensive training program is provided, applicants can be selected based on their potential ability.

Also most Upward Mobility jobs have no higher education requirements. And the first promotion under the program is often accelerated.

Once selected for an Upward Mobility job, the employee becomes a trainee. Training can vary from six to 30 months.

Usually, trainees keep the same GS rating held in their former jobs. Some accept a down grade.

Once the training is completed, their GS rating usually increases by one or two grades.

"Upward Mobility was a real opportunity for me," Brenda Byrne said. "After 15 years as a secretary, I wanted a change. I felt I had more to offer."



It was five years, along with a move to Washington, D.C., before Byrne was able to make a change. Byrne is now staff assistant to the chief counsel for the Corps.

"This is a major step for me," she said. "And I feel very good about myself."

## SUPERVISOR'S ROLE

According to Reid, the personnel office is always on the lookout for positions that could be converted to Upward Mobility. If a supervisor hasn't already requested the conversion, the personnel office will suggest the possibility.

Converting a position is fairly easy. Once a job description for the target position is written, a training plan must be developed. Often, there's a training program already written that can serve as a model.

Most training is on the job; however, some formal classes are usually required.

"The key to applying for Upward Mobility is emphasizing the experiences and abilities that relate to the qualifications for the target position," Reid said. "Don't just describe your current job responsibilities."

Paula Laslie, a trainee for Equal Employment Opportunity Program assistant, advises showing some kind of self-improvement and initiative on your application.

For example, she is working towards a business degree and is active in the Toastmasters Club.

Laslie worked as a secretary and typist for six years before beginning her 18-month training program.

(See page nine)



## Women and careers

(From page eight)

"I've got a file at home about two inches thick with job vacancy notices and training positions that I applied for," she said. "It's a lot of work, but you can't give up."

According to one participant, "It's easy to stay a secretary. But when you see you're just as capable as other workers, you want to smile and go to the bank with them."

Shirley Webster, another graduate, was a secretary for 10 years and an administrative assistant for two years. She initially worked to help out with the family bills, and expected to pursue a career as homemaker and mother.

When that became financially impossible she decided not to work as a secretary for the next 15 years.

Webster is now a budget analyst in the Research and Development Directorate at Corps headquarters. She sees her job as a stepping stone.

"I don't want to get cozy and warm with this job," said Webster. "I'm starting

to ask myself, what would be a good place to go next? I might like working as a program analyst where there's more variety in the work."

### SOME CAUTIONS

Some participants offered several cautions. Make sure everything promised is in writing.

Consider waiting for a position with target goals beyond one year. Another woman recommends changing to a new office when switching career tracks. She found that co-workers familiar with her typing skills turned to her too often for secretarial help.

Although personnel cuts have affected the Upward Mobility programs, positions continue to be announced each quarter.

"The Corps should be proud of its Upward Mobility program. But there's still room for improvement," said Reid. "We lose a lot of the good people in our workforce. Programs like Upward Mobility help us hang onto some of them."

## Shirt designed by co-worker for sale

Who says that Corps of Engineers employees are not creative and enterprising?

One co-worker went into a private business. He organized the fish-with-pigtails productions, and designed his first product, a T-shirt, for sale.

For approximately one year, Bruce Carlson, PD-ES, worked at his creation with the help of an artist friend, Terri Myers. Together, they developed "Hooked on Minnow-sota" pictured with eight smiling fish, one of which is smartly dressed in pigtails.

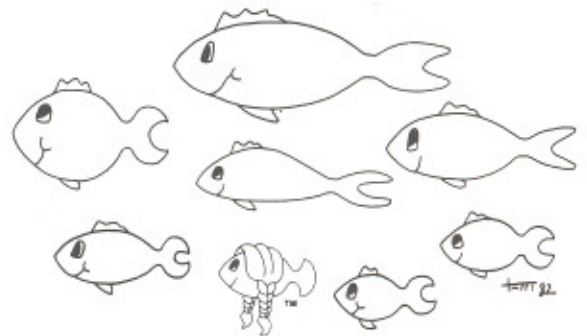
With his T-shirts selling among co-workers and friends, Carlson also sold them with T-shirt vendors at the 1982 Minnesota State Fair.

Carlson hopes his business will flourish on the market. If so, he may expand his production with different items and new designs.

To obtain a T-shirt, contact Carlson at 725-7079.

The T-shirts, which are \$8.50 each, are in adult male sizes: small (34-36),

## Hooked on MINNOW-SOTA™



medium (38-40), large (42-44) and extra large (46-48).

The shirts are in colors of red, black, kelly green, maroon, navy blue, royal blue and powder blue. The design is printed in white.

# Good nutrition is important

*From "ArNews," August 1982; Army News Service, Office of the Chief of Public Affairs, Washington, D.C.*

The food your family eats affects the way they look, feel and act.

More importantly, eating too much or too little of certain foods can be harmful to your family's health.

## FACTS ABOUT THE HEART

Coronary heart disease is our nation's leading cause of death.

Overweight is related to heart disease. Eating less fat is one way to reduce your calories.

People who have low blood cholesterol levels have less chance of getting coronary heart disease than people with high blood cholesterol levels.

All members of your family can safely lower their blood cholesterol by eating foods low in saturated fats and cholesterol.

## CORONARY HEART DISEASE

The heart, like any other muscle in your body, requires a good supply of blood from your arteries.

In coronary heart disease, fats in the blood--especially cholesterol--are deposited along the inner walls of the coronary arteries.

The more cholesterol and fats you have in your blood, the greater their tendency to build up in the artery walls.

These deposits build up over time. Eventually, one of the major arteries may become completely blocked--either by the built-up deposits or by a blood clot forming in the narrowed passageway.

The result is a heart attack.

## CHOLESTEROL LEVELS

Food contains a mixture of fats. The ones you should know the most about are--saturated fats, polyunsaturated fats and cholesterol (a fatlike substance).

Saturated fats raise your blood cholesterol. There are large amounts of saturated fats in beef, pork, ham, butter, cream, ice cream, whole milk, and in cheese made from cream and whole milk.

Saturated fats are also found in many solid and hydrogenated (saturated) vegetable shortenings; and in coconut and coconut oil,

cocoa butter and palm oil (often used in commercially prepared baked goods, pie fillings, non-dairy milk and cream substitutes).

Polyunsaturated fats lower your blood cholesterol. They are high in liquid vegetable oils--such as safflower, sunflower, corn, soybean and cottonseed oils.

Cholesterol in food also raises your blood cholesterol. It's found in all foods from animals.

It is especially high in egg yolks and organ meats (brain, kidney and liver).

Fruits, vegetables, cereals, grains and nuts contain no cholesterol.

## FACTS AND FICTION

**FACT:** Overweight is related to heart disease. The more overweight you are, the greater your risk of coronary heart disease.

**FICTION:** You don't have to give up snacks to lose weight. In fact, nutritious, low-calorie snacks can help you lose weight by keeping your appetite under control throughout the day.

It's the total amount of food (and calories) you eat each day that counts--not the time of day you eat it.

**FACT:** You can eat bread and potatoes on a reducing diet. They're not high in calories if eaten without "extras."

**FICTION:** Skinny children will not necessarily become skinny adults. Active, growing children do burn a lot of calories.

If you encourage a sweet tooth or a taste for fatty food, your children are more likely to become overweight adults.

**FICTION:** Exercise will not make you overeat. Regular exercise actually helps control your appetite.

It also helps tone muscles, improve circulation and strengthen your heart.

**FACT:** Fats have more than twice as many calories as protein or carbohydrates.

## MORE FACTS AND FICTION

**FICTION:** All fats are not alike--different fats affect your blood cholesterol in different ways. Fats from animals (saturated fats) raise your blood cholesterol level. Fats from most vegetable sources (polyunsaturated fats) lower your blood cholesterol.

*(See page 11)*

## Nutrition

(From page 10)

**FICTION:** Whole milk is not better for you than skim milk. Skim milk has all the nutrients found in whole milk without so much saturated fat and calories.

**FACT:** Most Americans eat more protein than they need, especially protein from meat. This is expensive, unnecessary and may be harmful. Proteins from animal products are high in saturated fat.

**FACT:** Chicken skin is about 17 percent fat. Dark chicken meat is about six percent fat and white meat is only three percent fat.

**FICTION:** You don't need red meat every day. Although red meat is high in protein, it can also be high in fat.

Chicken, fish, lowfat dairy products and dried beans are also high in protein but low in fat.

**FACT:** Vegetarians who balance what they eat can be just as healthy as people who eat meat.

### CUTTING DOWN ON THE FAT

If you decide to reduce the saturated fats, cholesterol and calories in your family's food, here are some practical suggestions.

Many of these save money, too.

Foods to TRY MORE often:

1. Fish and poultry (without skin). They're low in saturated fat, so try substituting them more often for beef, lamb or pork.
2. Lean cuts. When you do eat red meat, choose lean cuts and trim visible fat.
3. Fruits, nuts and raw vegetables (except coconut and avocado).
4. Skim milk or lowfat dairy products.
5. Grains and starchy foods. These will help stretch your meat budget while giving you important vitamins, minerals and fiber.
6. Liquid vegetable oils and margarines high in polyunsaturated fats.

Foods to EAT LESS often:

1. Fatty luncheon and variety meats and organ meats. These are like sausage, bacon, salami, bologna, brain, liver and kidney.
2. Egg yolks are high in cholesterol.
3. Butter.

When preparing food, try broiling, boiling, roasting and stewing. These cooking methods help remove fat.

### WHAT ARE THE ODDS?

Research, supported by the National Heart, Lung and Blood Institute and others, is currently investigating whether specific changes in risk factors can delay or prevent coronary heart disease.

Risk factors we cannot change include (a) age--your chances of heart attack increase with age; (b) sex--men are more likely to get heart attacks than women, especially before age 60 or 70; and (c) family history--we do know that heart disease may run in families. We also know that the tendency for high blood pressure, high blood cholesterol and diabetes may be inherited.

Risk factors we can change include (a) smoking--the more cigarettes smoked per day, the greater the risk of heart disease; (b) high blood pressure--the more severe the high blood pressure, the greater the risk; and (c) high blood cholesterol--the higher the blood cholesterol, the greater the risk.

Some other risk factors that may affect your chances for heart attack include (a) diabetes, (b) obesity, (c) inactive lifestyle, (d) emotional stress, and (e) use of birth control pills.


# ELIMINATE EXCESS WAIT.

Get out of those bulging teller lines. Sign up for Direct Deposit. Your Government payments will go straight into your account so you can go wherever you like best. Ask for it where you have a checking or savings account.

**DIRECT DEPOSIT**

You'll never have to wait  
for your money.

AD a Public Service of The Magazine  
Sales & The Advertising Council

Direct Deposit 

# Summer ends with many fish tales

by Wilbur Walleve

With the dog days of August behind us, fishing is expected to pick up as we head down the stretch in this year's St. Paul District Fishing Contest.

## HAVE YOU HEARD THAT...

IT WAS GOOD to learn that among Col. Edward Rapp's finer points, he is a fisherman. In fact, it is learned that he is an honest fisherman. While fishing with the Leech Lake Indian Reservation's chief warden, Col. Rapp caught the most and biggest fish--a six-inch perch. Congratulations!

ON A RECENT fishing outing on Ten Mile Lake, Marty McCleery literally threw in the torch. It was learned that while night fishing with a friend, McCleery decided a little light was needed, so he took out his new Coleman lantern. When the lantern suddenly began to burn out of control, McCleery initiated a quick feasibility study and determined that a lantern would be cheaper than his friend's boat.

A GROUP OF 11 fishermen spent two enjoyable days away from the office to participate in some Lake Michigan fishing out of Cheboygan, Mich., in three boats. Boat 1 held Bill Spychalla, Wayne Koerner, McCleery and Dave Haumersen. This highly talented group caught a total of 16 fish, including eight beautiful browns. Boat 2 held Terry Engel, Ed Fick and Stan Kummer. This group caught eight keepers and several "shakers." Boat 3 held Don Powell, Carl Stephan, Jim Stadelman and Brent Johnson with a total catch of 11 fish. This boat proved to be the more interesting of the three. One fairly large salmon required the skills of both Stadelman and Johnson to catch. As it turned out, Stadelman bled more than the fish. Not to be outdone by the dynamic duo, Stephan got into the act when he "bagged" a 36-inch bag that fought for several minutes.

A TRIO CONSISTING OF Ed McNally, Don Kohler and Jon Niehaus just returned from Lake Michigan with seven fish taken while fishing on the Rising Sun out of Cheboygan. Two of the more notable fish were a 21-pounder by McNally and a 25-pounder by Niehaus.

DALE MAZAR HAS MADE several trips so far this year to Lake Michigan where he has been fishing out of his own boat. Accompanying him on his latest trip were Jim Gagnon and Bill Slocum. Word has it that fishing has been good but all details are strictly confidential. Even I have been unable to uncover any information.

THE WORD IS FINALLY OUT that Fred Whebbe has secretly been fishing on Woman Lake for two weeks. Whebbe should have some interesting stories to tell.

JEFF DIVER LEARNED that three strikes and you're out. Not only did he enter his 44-inch northern more than 30 days after it was caught, but he caught it outside the district boundaries.

## STATUS REPORT AS OF AUG. 25

In the carp category: B. Flesche (first place) with 31½ inches, 15 points; D. Kohler, (second) 25½ inches, seven points; and D. Powell, (third) 20 3/4 inches, five points.

In the northern pike category: D. Haumersen (fourth), 27 inches, three points; and G. Palesh (fifth), 26 3/4 inches, 1 point.

In the largemouth bass category: D. Haumersen (fourth), 16 inches, three points; and D. Ballman (fifth), 14½ inches, 1 point.

In the crappie category: B. Norton (third), 12½ inches, three points; and D. Beatty (third), 12½ inches, three points.

In the bluegill category: M. Weburg (fourth), 9 5/16 inches, three points; A. Johnson (fifth), 8 3/4 inches, ½ point; and R. Blackman (fifth), 8 3/4 inches, ½ point.

In the rock bass category: R. Blackman (fourth), 10¼ inches, two points; and M. McCleery (fourth), 10¼ inches, two points.

In the salmon category: B. Spychalla (fourth), 33 inches, 1 2/3 points; W. Koerner (fourth), 33 inches, 1 2/3 points.

In the freshwater drum category: D. Kohler (first), 18 3/4 inches, 10 points; K. Pederson (second), 16 inches, seven points; D. Haumersen (third), 15½ inches, five points; R. Blackman (fourth), 15 inches, three points; and W. Koerner (fifth), 14½ inches, one point.

(See page 13)

# Undertows

by Henrik C. Strandkov, CO-RF

Summer is almost over, and most of us have memories of good times spent outdoors with our families and friends. But sometimes outdoor activities are not so pleasant.

I remember the first time I took my wife and son camping. We were novices, but we had a brand-new tent and thick, new sleeping bags and lots of enthusiasm. It was just going to be a simple weekend camping trip in a state park, but I wanted to be prepared for any eventuality.

The U-Haul truck I had rented proved adequate for our supplies; I had it packed in under six hours and we were able to set out early Saturday afternoon.

By the time we arrived at the park, the rain was coming down fairly well, but the hail had stopped.

The lady at the registration booth was very reasonable about the overhead sign that the truck had damaged and was even nice enough to drive the truck to the campsite for us. After I had promised to let her drive us out again, we began to set up camp.

The directions for erecting the tent disintegrated quickly in the rain, but I used a little common sense and had the tent up in no time.

My son used the left over aluminum poles as percussion instruments until a big man from another campsite came over and threw them into the woods. He was going to throw my son after them, but we talked him out of it.

Now it was supper time. There is nothing tastier than a well-prepared camp meal and we had planned an excellent repast of steak, corn-on-the-cob, baked potatoes, crisp green salad and fresh fruit. But the raccoons ate it all while I was putting up the tent, so we settled for wet potato chips.

I tried to lighten the mood by lecturing my family on the nutritional value of potatoes in any form, but they were crying so hard they missed most of it.

There was an argument at bedtime. I said that there was no point in going camping if you didn't sleep in a tent. My wife responded with some critical remarks about her in-laws and the quality of their genetic material.

At any rate, she took our little boy and went into the truck to sleep.

I used the tent, which wasn't so bad after all. I soon found a way to adjust the

openings so that the water ran out as well as in, and by using the snorkel I had brought I made it through the night with no problem.

Fortunately, it was not raining in the morning. Of course, it was snowing a bit, but the drifts weren't very high--I was able to reach the restrooms within 45 minutes.

When I got back, my wife suggested that we go home, but I contended that real campers always made breakfast before leaving a campsite for the day.

We compromised by having cereal in the truck. There were a few complaints about the quality of the meal, so I cheered everyone up with my lecture on the nutritional value of sour milk.

Before we left, the big man came over to apologize for trying to throw my son into the woods. I thought that was a nice gesture on his part and proved the friendliness of campers. He even gave me a compliment.

"That's a nice big dog you've got there," he said, pointing across the campsite.

"That's my tent," I replied.

## Fishing

(From page 12)

In the walleye category: B. Flesche (fourth), 21½ inches, three points; and L. Berget (fifth), 20 ¾ inches, one point.

In the smallmouth bass category: S. Schwager (fourth), 16 ¾ inches, three points; and T. Engel (fifth), 12½ inches, one point.

In the white bass category: D. Haumersen (third), 13¾ inches, four points; and W. Koerner (fifth), 13 inches, one point.

In the yellow perch category: N. Hildrum (fourth), nine inches, three points.

In the pumpkinseed category: M. O'Keefe (fourth), seven inches, three points.

In the Great Lakes trout category: D. Haumersen (fourth), 24 inches, two points; and W. Koerner (fourth), 24 inches, two points.

In the catfish category: T. Engel (fourth), 16½ inches, three points; and R. Blackman (fifth), 15½ inches, one point.

In the other category: D. Kohler (fourth), 21½ inches, three points.

# STATUS REPORT : ST. PAUL DISTRICT FISHING CONTEST

as of August 25, 1982

DISTRICT FISHERMAN RANKINGS	
(name)	(points)
1) D. Kohler	101 2/3
2) B. Norton	60
3) D. Haumersen	49 1/2
4) R. Blackman	48 1/2
5) M. O'Keefe	36 1/2

BRANCH RANKINGS	
(branch)	(points)
1) CO - RF	256 1/6
2) PD - ER	112
3) PD - PF	104 5/6
4) EO - GH	47
5) PD - ES	25

## category leaders

GAME FISH			PANFISH			TROUT			OTHER		
(name)	(pts)	(hr)	(name)	(pts)	(hr)	(name)	(pts)	(hr)	(name)	(pts)	(hr)
1) D. Kohler	38	CO-RF	1) D. Haumersen	26 1/2	PD-PF	1) B. Norton	27	CO-RF	1) D. Kohler	32	CO-RF
2) B. Norton	25	CO-RF	2) R. Blackman	23 1/2	PD-ER	2) M. McCleery	25	PD-PF	2) D. Haumersen	15	PD-PF
3) R. Blackman	21	PD-ER	3) G. Palish	23	PD-ER	3) D. Kohler	21 2/3	CO-RF	3) J. Diver	15	CO-RF
4) M. Weburg	15	CO-RF	4) D.L. Tschida	20	DC-FA	4) J. Niehaus	17	CO-RF	4) B. Flaszke	15	DC-M

## SPECIES

(name)	(size)	(pts)	(hr)
<b>MUSKELLUNGE:</b>			
1) S. Kumpula	30 1/4	10	EO-GH
2)			
3)			
<b>NORTHERN PILE:</b>			
1) M. Weburg	33 1/2	15	CO-RF
2) D. Kohler	33	12	CO-RF
3) D. Ballman	32 1/2	5	CO-RF
<b>WALLEYE:</b>			
1) R. Blackman	24	10	PD-ER
2) J.G. Murphy	23	7	EO-GH
3) H. Ecklund	22 1/4	5	CO-RF
<b>LARGEMOUTH BASS:</b>			
1) B. Norton	18 1/2	10	CO-RF
2) J. Schmidt	16 3/4	7	AS
3) M. O'Keefe	16 1/4	5	PD-ER
<b>SMALLMOUTH BASS:</b>			
1) B. Norton	19	15	CO-RF
2) D. Kohler	17 1/4	11	CO-RF
3) R. Blackman	17 1/4	11	PD-ER

(name)	(size)	(pts)	(hr)
<b>CRAPPIE:</b>			
1) M. Reilly	14	15	AS
2) D. Haumersen	13 1/4	7	PD-PF
3) G. Palish	12 1/2	3	PD-ER
<b>BLUEGILL:</b>			
1) D.L. Tschida	10 5/8	20	DC-FA
2) K. Willis	10 1/4	17	EO-GH
3) G. Palish	9 1/2	5	PD-ER
<b>PUMPKINSEED:</b>			
1) R. Blackman	8 1/4	10	PD-ER
2) D. Haumersen	8	7	PD-PF
3) B. Norton	7 1/4	5	CO-RF
<b>YELLOW PERCH:</b>			
1) G. Palish	12 1/2	15	PD-ER
2) R. Blackman	11 1/2	7	PD-ER
3) Ed McNally	10 1/2	5	PD-ES
<b>ROCK BASS:</b>			
1) M. O'Keefe	11	13 1/2	PD-ER
2) D. Haumersen	11	8 1/2	PD-PF
3) R. Post	10 1/4	5	PD

## RANKINGS

(name)	(size)	(pts)	(hr)
<b>RAINBOW TROUT:</b>			
1) D. Kohler	19	20	CO-RF
2) J. Niehaus	18 1/4	12	CO-RF
3) M. O'Keefe	8 1/2	5	PD-ER
<b>BROWN TROUT:</b>			
1) B. Norton	20	15	CO-RF
2) M. Osherty	18 1/4	7	CO-RF
3)			
<b>BROOK TROUT:</b>			
1) M. O'Keefe	14 3/8	10	PD-ER
2) B. Norton	12 1/2	7	CO-RF
3)			
<b>SALMON:</b>			
1) M. McCleery	42	15	PD-PF
2) E. McNally	38	7	PD-ES
3) J. Niehaus	37	5	CO-RF
<b>LAKE TROUT:</b>			
1) M. McCleery	30	10	PD-PF
2) D. Ballman	26	7	CO-RF
3) B. Norton	25 1/2	5	CO-RF

(name)	(size)	(pts)	(hr)
<b>Catfish</b>			
1) J. Diver	23	15	CO-RF
2) D. Kohler	21 3/4	12	CO-RF
3) K. Pederson	19	5	EO-GH
<b>Bullhead</b>			
1) E. McNally	13 3/8	10	PD-ES
2) M. McCleery	12 1/8	7	PD-PF
3)			
<b>SAUGER: (Gamefish)</b>			
1) D. Kohler	19 1/2	15	CO-RF
2) J. Niehaus	16	7	CO-RF
3) C. Stephan	13 1/4	5	PD-PF
<b>WHITE BASS: (Panfish)</b>			
1) D. Kohler	15 1/2	10	CO-RF
2) M. Weburg	14 1/2	7	CO-RF
3) R. Blackman	13 1/4	4	PD-ER
<b>OTHER:</b>			
1) D. Haumersen	42 1/2	10	PD-PF
2) W. Koerner	25 1/2	7	PD-PF
3) J. Niehaus	22 1/2	5	CO-RF

# GOLF

## WALNUT GROVE GOLF COURSE COCHRANE, WISCONSIN

THE ANNUAL DISTRICT FIELD AND OFFICE  
GOLF TOURNAMENT IS SCHEDULED FOR  
25 SEPTEMBER 1982. THE TOURNAMENT WILL  
START AT 0730 HOURS AND CONTINUE THROUGH  
THE DAY. LUNCH WILL BE INCLUDED IN THE  
\$10 PRICE. BEVERAGES ARE AVAILABLE  
AT THE BAR. FOR THOSE WHO WISH TO EAT  
DINNER AFTER THE TOURNAMENT, THERE ARE  
SEVERAL GOOD SUPPER CLUBS IN THE AREA.

IF YOU PLAN TO ATTEND, PLEASE NOTIFY  
CHUCK KEILHOLZ AT L/D #6, 608-534-6424 OR  
GEORGE KLETZKE IN THE DISTRICT OFFICE, 7544, NO  
LATER THAN 17 SEPTEMBER 1982. IF YOU ARE  
HAVING COMPANY THAT WEEK-END, BRING THEM  
ALONG. LET'S MAKE THIS TOURNAMENT A BIG SUCCESS.



## National Hispanic Heritage Week, 1982

*By the President of the United States of America*

### A Proclamation

Hispanic men and women have played a vital role in the development and progress of the United States, opening new frontiers and establishing missions and settlements that were the forerunners of some of our most important and thriving urban and cultural centers. Across the southern regions of our great country, from Florida to California, Hispanic explorers, pioneers, and settlers have helped to shape this vast land.

Since the time of our Revolution, when U.S. leaders shared with leaders in Latin America the common struggle of lifting the bonds of colonial rule, through the present, peoples of the Americas have shared great democratic ideals. In the words of Benito Juarez, a contemporary of Abraham Lincoln, "Respect for the rights of others, between individuals, as between nations, is the basis of peace." These words convey the essence of our laws and values, preserving the dignity and equality of all our people.

Hispanics continue to make significant and enduring contributions to our society, enriching us intellectually, spiritually, and culturally.

In times of peace, the accomplishments of these Americans in science, technology, politics, the arts, and other important fields have greatly enhanced our way of life. In times of war, Hispanic Americans have defended our nation with pride and courage. Thirty-nine of them have received the Medal of Honor, America's highest military decoration. This is a higher proportion of such heroes than in any other group, and we salute their sacrifices and bravery.

As did earlier decades, the 1980s present Hispanic Americans with new opportunities to pursue their goals and advance our society. Like those before them today's Hispanic Americans meet their challenges and responsibilities with dignity and a creative spirit. Their energetic commitment to hard work and their determination to participate fully in the American Dream bring strength and inspiration to us all.

The Congress, by joint resolution approved September 17, 1968 (82 Stat. 848), authorized and requested the President to proclaim the week which includes September 15 and 16 as National Hispanic Heritage Week.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the week beginning September 12, 1982, as National Hispanic Heritage Week in honor of Hispanic men and women. I call upon Federal, State, and local officials to observe the proud history of Hispanic peoples. I ask all Americans to join together in peace, brotherhood, and pride in being one Nation under God.

IN WITNESS WHEREOF, I have hereunto set my hand this 30th day of July in the year of our Lord nineteen hundred and eighty-two, and of the Independence of the United States of America the two hundred and seventh.

*Ronald Reagan*