



US Army Corps  
of Engineers  
St. Paul District

# Crosscurrents

Vol. 6

No. 8

April-May 1983

## Drownings lead to change in restricted areas

Edward G. Vorbeck Sr., age 32 and resident of Lewiston, Minn., drowned along the Lock and Dam 5A spillway after his fishing boat overturned on March 7.

In July 1979, two people drowned in separate accidents--one died at Lock and Dam 6 and the other at Lock and Dam 4.

Two people died at Lock and Dam 8 in June 1978 when their boat overturned below the number one roller gate.

In June 1976, one person died at Lock and Dam 3 and another person died at Lock and Dam 10.

In May 1975, another person died at Lock and Dam 6.

These grisly facts are not just a coincidence. There is a real and dangerous situation threatening unsuspecting recreational boaters on the Mississippi River.

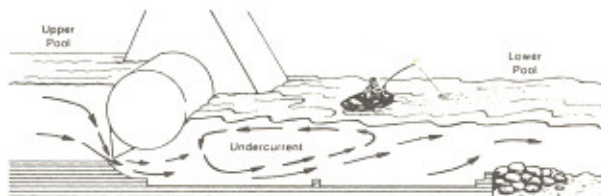
Not only were there fatalities but also a number of other accidents and near-misses with no reported deaths.

Many of these accidents happened below the dams.

All of these and other similar accidents have lead the Corps of Engineers to recently change its safety restrictions at all navigational lock and dam facilities on the Mississippi River within the St. Paul District, Rock Island District and St. Louis District.



This sign could save your  
life....property



Undercurrents and rocky bottom make anchoring within the 300 foot restricted area downstream extremely dangerous.

At the beginning of this spring the restricted area below each dam was changed from 100 to 300 feet and the restricted area above each dam expanded on the ends.

### DECEPTIVE CURRENTS

The surface of the water near a lock and dam facility are deceptive. It may appear calm.

However, beneath the surface lie strong currents, powerful undertows, violent churning and eddies.

The currents are powerful enough to drag a boat and its occupants to the bottom.

The currents downstream from the dams are particularly deceptive--actually reversing direction and flowing back toward the dam.

Many boats have been pulled into the dam gates by the back currents and have capsized.

### A PERIOD OF TURBULENT CHANGE

Originally, the restricted areas were established at all Upper Mississippi River locks and dams at 600 feet above the dams and 300 feet below the dams.

(See page two)

## Restricted areas

(From page one)

Then in 1968, these restricted areas underwent dispute by state conservation agencies.

The state conservation agencies no longer supported the 300-foot restriction below dams because of pressure they were receiving from recreational fishing interests for a change to 100 feet.

Why? The fishing is believed to be better along or near the downstream side of the navigational structures.

Thus, the Corps changed the restricted areas below the 29 Mississippi River dams from 300 to 100 feet in 1968.

Prior to 1968, there were no reported deaths below dams within the St. Paul District. Since 1968, a number of deaths and accidents have occurred.

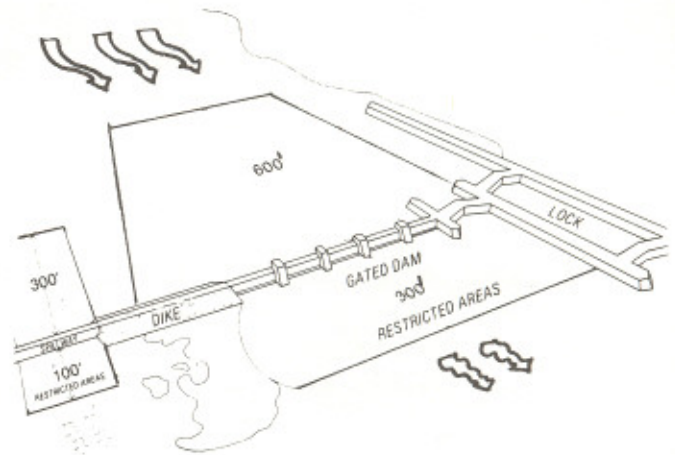
### THE RETURN TO 300 FEET

After the 1978 drowning of two people at Lock and Dam 8, the U.S. Government became involved in litigation.

The Court of Appeals, in *Callas vs. the United States* (Seventh Circuit, No. 81-257, June 11, 1982), held that the present system for warning the public was inadequate.

The deficiencies were that the warning signs did not specify the nature and source of the danger and that the signs did not mark the limits of the restricted area.

The court also indicated that the system of warning lights was deficient, particularly because boaters could pass by the lights on their way to the auxiliary lock, which is not a restricted area.



The new restricted areas at the Mississippi River locks and dams.

This court decision prompted the St. Paul District to conduct a safety survey in 1982.

The study, completed in October 1982, recommended changing the restricted area below the dams to 300 feet, including the auxiliary lock, and the changing of warning signs and lights.

Also, the restricted area above the dams should be expanded on the sides.

The St. Paul District submitted the report to North Central Division on Nov. 26, 1982, and recommended the adoption of this policy at all locks and dams on the Upper Mississippi River.

On Dec. 30, 1982, the North Central Division commander replied with a decision to support the restricted areas, as recommended by the St. Paul District.

**The next deadline to submit all materials to Crosscurrents is May 26.**

*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

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

# Flood fight exercise prepares Corps for emergencies

"The U.S. Army Corps of Engineers is dedicated to emergency preparedness and rapid reaction to major emergencies throughout the United States," says Lt. Gen. J.K. Bratton, Chief of Engineers, in a introduction written to all Corps employees and persons involved with emergency operations.

"In this regard, the Corps stands ready to respond when an emergency exceeds the capacity of local resources and capabilities."

Sixty-six people proved that readiness stance on March 9, while training during the St. Paul District's second annual Flood Command Post Exercise (CPX) at Fort Snelling, Minn.

In previous years, the district held an annual pre-flood natural disaster conference, up until when the flood exercise was developed last year.

## THE ATTENDEES

The purpose of the exercise was to reacquaint experienced flood fight personnel with emergency operations, provide inexperienced flood fight personnel with training in emergency operations procedure, and to re-emphasize required coordination with state and local agencies.

Approximately 35 of the 66 participants were assigned into four problem-solving teams.

The rest of the attendees were evaluators, observers and members of a resource group, a group assigned the task of providing background information concerning a specific problem area.

According to David Christenson, the district's coordinator of the CPX, there have been no major basin flooding in the St. Paul District since 1979 when the Red River of the North spilled beyond its banks, and no district-wide flooding since 1969.

## THE EXERCISE

With introductory addresses from Ben Wopat, chief of Emergency Management Division, and from Col. Ed Rapp, district commander, the participants prepared for the simulation of a major emergency flood fight operation.

Using a flood scenario of the Mississippi River, the example cities of Stillwater, Wabasha, Winona, Minn., La Crosse and Prairie Du Chien, Wis., were chosen.

Historical data was used to develop the flood conditions of the scenario from the



A problem-solving team discusses the role each member would assume.

first weather reports to the river's peak stage.

All of the participants turned to listen to Pat Neuman, of the National Weather Service's River Forecast Center, read the scenario's March 9 report, "Wabasha was at 11.3 feet yesterday with a flood stage of 12 feet and the crest predicted to be at 14.5 feet on March 15; Winona, yesterday was 10.1 feet with a flood stage of 13 feet..."

## THE ROLE-PLAYING

The four problem-solving teams generally consisted of flood fight personnel--area engineers, sub-area engineers and project engineers.

Each example city represented a flood fight exercise, as the Mississippi River flood stage continued to peak downriver.

When each example city was introduced, the problem-solving team members quickly adapted new roles and different responsibilities to play out.

With less than one hour allotted to each exercise, time was of the essence in fulfilling the required tasks.

Communications and coordination had to be established in each community...Preplanning and preparations should be done before flooding occurs...setting up emergency levees on a particular street...being in control of all

*(See page four)*

## Flood fight exercise

(From page three)

contracted private firms working at the site... obtaining proper authorizations with the city and not assuming what the city wants.

Know where and who the human and physical resources are...etc.

As each team reported on what they would have done in each situation, the information was shared between all of the attendees while the evaluators added their comments and suggestions.

### SOME COMMENTS

The flow of comments was fast and thick as the exercises continued--

\* If it takes five days to build an emergency levee and the river rises two feet per day, the river will be at least 10 feet over flood stage before the levee is completed. Timing is very critical.

\* If it takes three dry days to construct an emergency levee, what will actually happen in three wet days?

\* Pre-inspect areas at least two weeks prior to the impending flood. Know the capabilities of each flood fighting team member. Know what resources may be needed, especially as flood stages increase.

\* Understand that emergency levees are not designed as permanent protection structures and to coordinate its placement and removal with the city.

\* Keep good contact and close coordination with contractors. Make sure they know what they're doing and to monitor the costs.

\* There is more emphasis on time. It is better to make a right decision on a timely basis rather than a super, great decision that is late.

### RECOMMENDATIONS

As the CPX drew to a close, the attendees reviewed the lessons that they had learned and what other recommendations could be made.

Suggestions were made for the Corps to sponsor future exercises in other states, directly involving the communities or local agencies in the simulation with the Corps engineers.

Another suggestion was to incorporate the task of damage assessment into the exercise, because the Corps is often asked to conduct damage surveys for the Federal Emergency Management Agency.

## Corps helps in flood emergencies

Flood disaster emergencies are an unavoidable aspect of life.

Therefore, in order to effectively cope with these unpredictable disasterous events, state and local interests have the responsibility to insure preparedness and the capability to respond efficiently and effectively during a disaster.

However, in instances when the nature of the disaster exceeds the capabilities of state and local interests, help from the Corps of Engineers is available.

The Corps can provide:

\* Inspections of federal and non-federal flood control works.

\* Assist state and local officials in flood emergency preparedness seminars.

\* Assist state and local authorities in performing emergency work to protect life and property prior to predicted flooding.

\* Supply flood fight materials (e.g., sandbags and pumps) in the event that state and local supplies become exhausted during flood emergencies.

\* Furnish technical advice and assistance to state and local officials during an emergency.

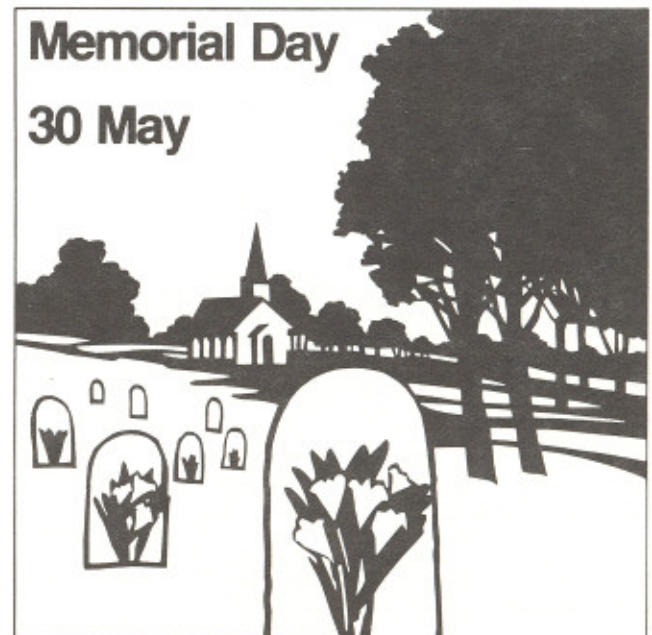
\* Hiring of equipment and operators for flood fight operations.

\* Removal of log or debris jams that are blocking stream flow.

\* Augment state and local efforts in fighting floods caused by ice jams.

\* Repair and rehabilitation of flood control works damaged or threatened by flood.

\* Provide emergency drinking water to areas with contaminated drinking water.



## Disaster preparedness conference held

On April 7-8, co-workers Ben Wopat, Dave Christenson and Dave DePoint of the Emergency Management Division, took part in Wisconsin's 17th Annual Governor's Conference on Disaster Preparedness.

The conference was the second largest event of its type in the country, attracting close to 600 leading national, state and local officials.

Focusing on significant issues in emergency management, the conference featured speakers involved in the handling of several recent and very serious disasters--New Orleans' Boeing 727 aircraft crash in July of 1982 and Missouri's ongoing dioxin controversy.

Governor Tony Earl also addressed the assemblage of sheriff's, police and fire officials, emergency government directors and other authorities involved in disaster management.

Participants also attended training workshops emphasizing public information skills in disaster situations, the responsibilities of the U.S. Coast Guard, military support in peacetime and wartime emergencies, emergency management training and tornado spotting.

The event was sponsored by the Wisconsin Division of Emergency Government.

## Wells is named deputy chief

The Department of the Army announced on April 14, the selection of Maj. Gen. Richard M. Wells as the deputy chief of engineers and deputy commanding general of the U.S. Army Corps of Engineers, Office of the Chief of Engineers in Washington, D.C.

Wells has been serving as the director of the Defense Mapping Agency in Washington, D.C., since the summer of 1981, and succeeds Maj. Gen. E.R. ("Vald") Heiberg III who has served as deputy chief since July 1982.

Heiberg has been reassigned as the Ballistic Missile Defense program manager in Washington, D.C., with elements in Huntsville, Ala., and at the Kwajalein Missile Range in the Pacific.

As the new deputy chief of engineers, Wells will be the principal assistant and advisor to the chief of engineers, Lt. Gen. J.K. Bratton, for the Corps' water resources development and management activities and military engineering and construction programs.

The assignment will be effective in early July.

Wells is a 1951 graduate of the U.S. Military Academy at West Point and has received two master's degrees, one in civil engineering from the State College of Iowa, and the other in international affairs from George Washington University.

He also attended military schools at all levels including the Naval War College and the National War College.

He held numerous responsible command and staff assignments both in the United States and overseas during his 32-year military career.

Prior to his current assignment, Wells served as commander of the Corps' North Pacific Division, headquartered in Portland, Ore.

Other assignments include serving as commander of the 84th Engineer Battalion (construction) in Vietnam; staff officer in the Office of the Assistant Vice Chief of Staff, Department of the Army in Washington, D.C.; commander of the Corps' Chicago District; and as commander of the Corps' Middle East Division in Saudi Arabia.

Among his military awards are the Distinguished Service Medal, Legion of Merit (two awards), Bronze Star Medal and the Air Medal (two awards).

Wells is a native of Washington, D.C. He and his wife, Marilyn, have two children.

He is a registered professional engineer in the State of Iowa.

### National Transportation Day May 21



## Co-workers are nominees for award

Three co-workers from the St. Paul District are named as nominees for the 1983 Civil Servant of the Year Award, sponsored by the Federal Executive Board of the Twin Cities.

The nominees are Charles E. Adams, the park manager of Lake Ashtabula and Baldhill Dam; Peter A. Fischer, chief of Engineering Division; and Mary Kay Linder, secretary of Planning Division.

They will be among 68 federal employees who will be honored as nominees, at a luncheon on May 26 at the Prom Center, St. Paul.

Guest speaker George Latimer, mayor of St. Paul, will address the luncheon.

The criteria for selection of nominees require that they be a permanent civil service employee with at least two years of civilian service in a federal department or agency.

Previous Civil Servant of the Year Award winners are not eligible for nomination.

The nominee's record of performance should be of unusual meritorious nature, especially during the past 12-18 months.

The award's purpose is recognition of those who have demonstrated clearly exceptional performance in their basic on-the-job duties.

Significant performance in the way of public service and community affairs are also recognized.

## Armed Forces Day tests to be held

*From American Forces Press Service, No. 2115, March 7, 1983; Department of Defense, Washington, D.C.*

A featured highlight of this year's observance of Armed Forces Day will be the traditional military-to-amateur cross band communications tests.

The 34th annual Armed Forces Day, this year on May 21, also marks the 34th anniversary of communication tests between the amateur radio fraternity and military communications systems.

These tests give amateur operators an opportunity to demonstrate their individual technical skills and to receive recognition from the Secretary of Defense and/or a military radio station for their proven expertise.

There will be basically two ways to participate: two-way radio contact and receiving tests.

### TWO-WAY RADIO CONTACT

Amateur radio operators will be able to contact military stations by cross band operations from 1300UTC (Universal Time Coordinated), May 21, to 0245 UTC, May 22.

Military stations will transmit on selected military frequencies and listen for amateur stations on selected portions of the amateur bands.

The military operator will announce the specific amateur band frequency to which he/she is listening. Duration of the contact should be limited to three minutes.

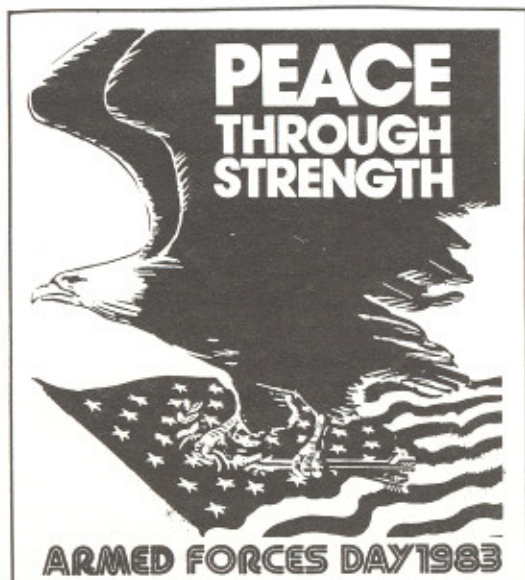
Special commemorative QSL (confirmation of contact) cards will be awarded to amateurs achieving two-way contact with any of the participating military radio stations.

### RECEIVING TESTS

A special Armed Forces Day message from the Secretary of Defense will be broadcast by continuous wave (CW) at 25 words per minute and by radio-teletype (RTTY) at 60 words per minute.

Those who receive and accurately copy the Armed Forces Day CW and/or RTTY message from the Secretary of Defense will receive a special commemorative certificate from the secretary.

Short wave listeners may also qualify for a certificate by copying the secretary's message.



## Fraud is committed by employees

*by the Emergency Management Division*

It is unfortunate that some crimes against our government are perpetrated by federal employees.

Fraud is a deception deliberately practiced in order to secure unfair or unlawful gain.

The result is not only a loss of resources, but also a degradation of public confidence, especially when the fraud occurs within the federal system.

Some examples of fraud which may occur are:

- \* Working less than eight hours a day without requesting sick leave, annual leave or leave without pay.
- \* Reporting sick leave when the employee is not sick.
- \* False travel claims.
- \* Overcharging on government claims.
- \* Personal use of the FTS telephone system.
- \* Personal work during normal work hours.
- \* Misuse of government credit card.

Fraud against the government is a major crime. The most effective weapon to combat this is a well-informed workforce who willingly reports known instances of fraud.

This attack on fraud, waste and abuse needs the support of every military and civilian member of the Department of Defense (DoD).

Use the DoD hotline (call toll-free 800-424-9098) for reporting fraud, waste and abuse that you see or know of in your workplace.

Or contact Billie Kimler, security assistant, at 725-7608.

The identity of callers is fully protected.

## Three out of five vets living

*From American Forces Press Service, No. 2115, March 7, 1983; Department of Defense, Washington, D.C.*

Thirty-nine million men and women have served during wartime in the U.S. armed forces throughout our 206 year history.

Three out of five of these--or 24.3 million--are living today.

There are no veteran survivors of the American Revolution, the War of 1812 or the Civil War.

However, 53 veterans of the 392,000 who originally served in the Spanish-American War (1895) were living as of Dec. 31, 1982; 41 of them are over 100 years old.

World War I's 4.7 million participants are represented today by some 368,000 surviving veterans--one of every 13 who served.

Sixty-nine percent (11.4 million) of the 16.5 million men and women who served in World War II are living today, and they constitute nearly two out of five veteran survivors of all wars as of the end of 1982.

Four out of five of the 6.8 million men and women who served during the Korean Conflict are living.

The Vietnam era involved 9.8 million participants in its 11-year duration. Nearly nine out of 10 are living today either as civilians or active duty military personnel.

One out of eight of all surviving veterans receives monthly Veterans Administration checks in the form of compensation or pension.

## Workshops held for students

*from the Equal Employment Opportunity Office*

Three summer employment workshops were conducted by the Equal Employment Opportunity Office at the Minneapolis and St. Paul American Indian Centers and at Humboldt High School.

About 40 students, ranging in ages from 16 to 18, completed their resumes, hoping for summer jobs.

Not only will the Corps be reviewing their applications, but other federal agencies, also doing summer hiring, will be furnished copies of student referral applications.

The end result should be more jobs for needy youth in this area.



# People

APPRECIATION goes to the following who donated blood on Feb. 24: Marvin L. Pedretti, Harley A. Akers and Irvin H. Muench, L&D 10.

CONGRATULATIONS go to Lt. Lee D. Gazzano and Lt. Frank Grass on their promotions in April, from second to first lieutenants.

THANKS AND APPRECIATION go to all persons who assisted and gave their support to Blanche H. Fong, editor of Crosscurrents in the Public Affairs Office, who sustained a work-related and permanent hand injury on March 16. After emergency surgery and a period of convalescence, she returned to duty on April 25.

SINCERE SYMPATHY is extended to Thomas Novak, Eau Galle Dam, whose father died in April.

DEEP SADNESS is felt on the death of these former Corps employees:

Eber B. Youngquist, in St. Cloud on April 6. He worked in the Specifications Section in 1935 to 1943, and worked three years in the former Plans and Reports Branch after World War II, before joining a private firm.

Milton E. Schmidt, a resident of Tulsa, Okla., on Jan. 30. He worked with the St. Paul District in the early 1930s. He transferred to work on the Conchas Dam project in New Mexico; then he was assigned to the Tulsa District as an engineer and attorney.

Hibbert M. Hill, a resident of Minneapolis, on March 1. He worked with the Corps in 1928 to 1937, responsible for the 308 Studies which led to the construction of lock and dams downstream of Hastings, Minn. He is a charter member of the Corps' St. Paul District Hall of Fame. He was the founder of the Minnesota Society of Engineers in 1939 to 1940; president of the University of Minnesota Alumni Association; former vice president of engineering with NSP; and founder of the Fresh Water Biological Institute.

SINCERE SYMPATHY is extended to Joel Rogers, CO-CT, on the death of his father and Sharon Brown, EE, whose father also past away recently.

FOND FAREWELL and best wishes go to Fred J. Whebbe, a civil engineer technician with the

Specifications and Estimation Section of the Design Branch, who retired on March 18 after approximately 37 years of federal service.

FOND FAREWELL and best wishes go to Henry (Harry) J. Novak, a hydraulic engineer with the Hydrology Section of the Geotechnical, Hydraulics and Hydrologic Engineering Branch, who retired on April 29 after approximately 30 years of federal service.

FOND FAREWELL and best wishes go to Burton J. Huneke, a lock and dam operator with Lock and Dam 3, who retired on April 11 after approximately 22 years of federal service.

CONGRATULATIONS go to Diane and James Stadelman, PO, on the birth of daughter Amy Marie on March 30 at 8 lbs., 5½ oz.

CONGRATULATIONS go to Wanda and Stuart Dobberpuhl, ED-GH, on the birth of daughter Jody Ann on March 21 at 9 lbs.

FOND FAREWELL and good luck go to the following who left the Corps recently: Parnell (Pete) J. Hillestad, SP (transferred to Kelly Air Force Base, San Antonio, Texas); Carol J. Wilander, CO-RF (transferred to the U.S. Navy, Cherry Point, N.C.); Bruce D. Carlson and Jeffrey L. Stitt, PD-ES; James R. Reischl, ED-GH; John S. Henke, PD-RC; Douglas Shockley, James O. Madson, Ronald R. Jensen, Thomas O. Hawkins, Terry L. Bishop, Robert H. Wood, Mark E. Rice, Ronald Hill, Warren E. Lee, Thomas R. Hemstreet, Mark A. Eide and Joseph M. Aguirre, Hired Labor Forces; John W. Boller and Robert C. Etter, St. Anthony Falls Locks and Dam; Timothy A. Samec, L&D 1 Rehabilitation Project Office; Russell G. Fischer, Mankato Flood Control Project Office; and Mark J. Spinler, Lake Ashtabula and Baldhill Dam.

GET-WELL WISHES go to Justine Kelly, NCDRE, who sustained a work-related injury on April 29.

**The best reasons for  
using seatbelts are  
always getting buried**





# Around the district

A NEW RECORD TIME was made when the towboat Frank T. Heffelfinger arrived in St. Paul, Minn., at 1:30 a.m. on March 5, with 12 empty barges, on the Mississippi River. The previous record early opening of the navigation season was at 9 a.m. on March 5, 1976. The journey was not without an irony. While the towboat Emma Bordner was taking a breather with its load of empty barges near Red Wing, Minn., after breaking ice on Lake Pepin in fog and leaving an open trail, the Heffelfinger slid past to grasp the record. The Bordner came into St. Paul about four and one-half hours after the Heffelfinger.

THE CORPS AND THE WASTEWATER TREATMENT FACILITY operating staff of the Ronald L. Cloutier Recreation Area, Cross Lake, Minn., were honored and awarded a certificate of commendation on March 25 by the Minnesota Pollution Control Agency (MPCA), for their efforts in meeting the water quality objectives of MPCA during 1982.

THE DISTRICT'S HEALTH AND FITNESS COMMITTEE sponsored guest speaker Bill Gilman, director of physical fitness for the St. Paul Fire Department, on the subject of exercise and personal physical fitness, on March 23 in the district office.

THE CREW OF DREDGE WILLIAM A. THOMPSON have a handmade history book presented to them from Thompson's family. The book, one of only two made, is a series of photographs taken of the Mississippi River from St. Anthony Falls to New Orleans during 1890. It especially shows the upper pools before any navigation and environmental improvements were made.

THE ST. PAUL DISTRICT 1983 SPEAKERS PROGRAM is underway. As a public service, speakers are available on a wide range of subjects related to the Corps' water resource development responsibilities. A brochure describing the program, is available in the Public Affairs Office, Room 1217, 725-7505.

THE DEDICATION CEREMONY OF NEWLY-REHABILITATED Lock and Dam 1 is on June 30, 2 p.m., with the passenger ship Jonathon Padelford, as it navigates into the landward lock chamber. The festivities, which include such events as a diver demonstration, exhibit displays and tour, are open to Corps employees (shuttle buses provided) and the general public. The 451st

U.S. Army Band and the Minnesota Colonial Color Guard will be performing. Honored guests will include Lt. Gen. J.K. Bratton, Chief of Engineers; Brig. Gen. Scott Smith, North Central Division Commander; Minnesota Governor Rudy Perpich; U.S. Representative Martin Sabo; Minneapolis Mayor Donald Fraser and St. Paul Mayor George Latimer. The Public Affairs Office and the Construction-Operations Division will announce more details later.

## Around the Corps

EARNEST K. SCHRADER, of the Walla Walla District, was selected as the Corps' Engineer of the Year by the National Society of Professional Engineers. Schrader, a concrete and materials specialist, was instrumental in the successful design and construction of the world's first concrete, gravity dam built completely by roller compacted methods, which resulted in a \$10-million savings over the conventional earth and rockfill dams first considered for the site of Willow Creek Dam near Heppner, Ore.

THE LOS ANGELES DISTRICT is constructing Space Launch Complex Six, a launch and recovery facility for the space shuttle, to be completed before October 1985. The \$600-million project is at Vandenberg Air Force Base, Calif., and will have the first manned shuttle launch from a West Coast site. This site will allow for launches in a north to south polar orbit, which can't be done effectively and safely from Cape Canaveral, Fla., site of previous launches.

THE SAVANNAH DISTRICT recently completed the construction of a \$40-million hospital at the U.S. Army's Fort Stewart, Ga., after two years. The 165-bed facility is to be dedicated in May and open for patient services in June.



## Wetland conference to be in St. Paul

The Fourth Annual Conference of the Society of Wetland Scientists (SWS) will be on June 5-8 at the Radisson Hotel in St. Paul, Minn.

Co-worker Howard Eckland, a wetlands ecologist in the Regulatory Functions Branch, is arranging and coordinating two one-day field trips during the conference.

One trip will be to Savage Fen and the Lower Mississippi River National Wildlife Refuge, which includes floodplain forests, wet meadows and shallow lakes.

The other trip will be to the Cedar Creek National History Area, a University of Minnesota outdoor laboratory, which includes northern white cedar swamp, "classic" sphagnum bog and sedge meadow.

Eckland is also planning a two-day field trip to Minnesota's Pothole region and to Big Bog, one of the largest wetland complexes in the United States.

During the conference, joint paper sessions will also be held. One paper session will be wetland management and the other will be on biological sciences.

SWS, whose headquarters is in Wilmington, N.C., will announce its newly-elected 1983 officers at the conference.

Eckland is a candidate for the office of treasurer.

With a 1975 B.S. degree from Old Dominion University in Virginia, Eckland performed graduate research on the black bears of the Dismal Swamp.

He joined the Corps' Baltimore District in 1976 and transferred to the St. Paul District in 1979.

Presently, he is responsible for the environmental assessment of Section 404 permit actions for the Wisconsin shore of Lake Michigan.

## Holiday boutique is scheduled

The 1983 Holiday Boutique is scheduled on Nov. 7-9, from 9 a.m. to 3 p.m. in Room 1033.

All employees, retirees, their family and friends are invited to participate by bringing in handicrafts for sale and staffing the sales desk.

Therese Jaszak has again volunteered to organize the arrangements and urges those who would like to participate to start in now creating their handicrafts.

The Employee Benefit Association is sponsoring the annual event.

## Be involved in suggestion campaign

*by Col. Edward G. Rapp, DE*

The Suggestion Program is an effective way of making positive changes in the St. Paul District.

In addition, a suggestion can make money for you.

So far this fiscal year (FY), the district has paid over \$1,400 to employees for their suggestions.

In addition, suggestions which have been adopted in FY83 have realized tangible savings of \$10,600.

A suggestion is an idea submitted in writing on a DA Form 1045 which is intended to achieve one or more of the following:

- \* Accomplish a job better, faster or cheaper.
- \* Simplify or improve operations, tools, methods, procedures, layouts or organizations.
- \* Increase individual or group productivity or manpower utilization.
- \* Conserve materials or property.
- \* Promote health or improve working conditions.
- \* Greatly reduce the likelihood of serious accidents.
- \* Improve morale in terms of desirable and feasible personnel services, on-post welfare facilities, and personnel policy and practice.

During the months of May and June, the district will be conducting a Suggestion Campaign.

In addition to any cash awards granted, ceramic mugs will be awarded to employees whose suggestions are adopted.

I encourage each of you to take some time to jot down your ideas on a DA Form 1045 and forward it to Vicki Demo in the Personnel Office. Questions on this program may also be referred to her at 725-7666.

Don't miss this opportunity to not only save our district money but to also make extra money for yourself.



## Information on cancer available

The more you learn about cancer, the less frightening it becomes.

Now, people who have questions about cancer can get answers to their questions. AMC Cancer Information is a toll-free telephone service available by calling 800-525-3777.

AMC Cancer Information is a service of AMC Cancer Research Center in Denver, Col.

With both clinical and laboratory research facilities, AMC has many resources to provide the latest, most up-to-date information.

The trained and experienced staff at AMC Cancer Information can provide information about the causes of cancer, prevention, methods of detection and diagnosis, treatment and rehabilitation.

Professional counselors are available to offer emotional support.

Often the information provided by telephone will be supplemented by free printed materials sent to the callers.

There is no charge for using the service and all calls are confidential.

The Center's national cancer prevention programs are aimed at early detection and control.

## Appreciation expressed by student

*The following letter was received by lockmaster Burton Morris, L&D 7, from Kari Sheehan, a student in Caledonia, Minn., to provide help for an exhibit display.*

"Thank you very much for the information you sent me. It was very helpful and useful.

"At the regional science fair at Rochester, I received a red ribbon, honorable mention award and a medallion from National Fluid Power Association for the skillful use of fluid power.

"One of the judges I had was a man who used to work with the lock and dam system. He told me about the Soo Locks on the Great Lakes.

"I don't get to advance to the state science fair at Bemidji, Minn., because only first-place winners get to go there.

"I am just glad that I got to go to regional and won second place.

"Thanks again for all your help and I hope to meet you sometime."

## U.S. Savings Bonds an asset

*by Col. Edward G. Rapp, DE*

The St. Paul District will conduct the U.S. Savings Bonds campaign during the month of May 1983, with a person-to-person canvass to promote the purchase of bonds through participation in the payroll savings plan.

It is important that each member of the St. Paul District be given an opportunity to obtain complete information about the new Savings Bonds program.

Bonds now pay a variable rate of interest with a guaranteed rate of at least seven and one-half percent on bonds held to maturity.

Canvassers have been selected to provide information to each of you and answer any questions you might have.

Savings Bonds are a liquid asset providing maximum safety which may be redeemed after a minimal holding period of six months from date of issue.

Any bond lost, stolen or destroyed will be replaced at no charge.

There are also built-in tax advantages which make bonds even more attractive. Interest from U.S. Savings Bonds is subject to federal income taxes, but the tax may be deferred until the bonds are cashed.

No state taxes can ever be assessed to interest paid on U.S. Savings Bonds.

Federal employees, both military and civilian, have traditionally taken the lead in the purchase of U.S. Savings Bonds.

Since we are intimately involved in the daily business of our government, we are especially conscious of the important contribution of Bond-dollars to the nation's economic strength, and to our own guaranteed financial security.

I encourage everyone to establish a payroll savings plan, both as a means to accumulate savings and to help secure our nation's financial strength.



## May is Native American Heritage Month: a perspective on life

*The following essay is specially written for Crosscurrents by staff members of the Division of Natural Resources Management, Leech Lake Reservation, Minn. The Leech Lake Reservation and the Corps of Engineers are in liaison concerning such projects as the Mississippi River Headwaters study, wild rice study on Leech Lake and permit actions related to the Winni-bigoshish and Leech Lake reservoirs.*

An Indian is many things. Very different from what you would imagine.

Bill Bobolink, a Leech Lake Indian living on the Leech Lake Reservation, a follower and practitioner of the old ways, Grand Medicine, came over to our office the other day.

He was smiling and joking. He's always looking for what is real. He laughs alot.

Bill came to sign the certificates that have replaced, to an extent, the rights to adulthood.

Bill is a Medicine Man and he blesses the eagle feathers given to each member of the tribe when they graduate from high school.

He signs the certificates. He laughs.

Bill told us a story about a bunch of young Indian boys who were playing.

One of the boys looked at Bill and came over to talk to him.

The boy said, "I'm alone. I'm the only Indian here."

"I still look around me and do what the Great Spirit wishes me to do. Those Others--my friends--do not."

The boy said to Bill, "I'm the only Indian here."

Bill laughed when he told us this story. He laughed because he could not do otherwise.

The reason was in his eyes.

When Bill is around, you can feel the Spirit, too.

So, you feel the deepest feelings. You feel the past...the present...the future.

You feel the hurt. You know the truth, so you laugh and are happy.

To know how an Indian feels is not possible unless you are an Indian, of course.

But we can tell you this: an Indian respects the truth. He/she respects the strength in a person who seeks the truth.

He/she respects and revels in the lives of all, for that is truth. Their ways are real.

So, you laugh when you know the crow, when you know the otter, for they are funny, too.

They laugh with the Indian.

When Bill left the office, Leo said, "That's why I love talking to an Indian. You talk in Indian and the things you say can be funny; they sound so absurd!"

Some of us can't speak Indian, but we know what Leo is trying to say.

He's saying that the Indian language allows one to say many things at once--closer to the truth than English does.

It allows one to laugh with the many spirits guiding our steps.

Do not cry for the dead nor the lonely. Show them how foolish they are.

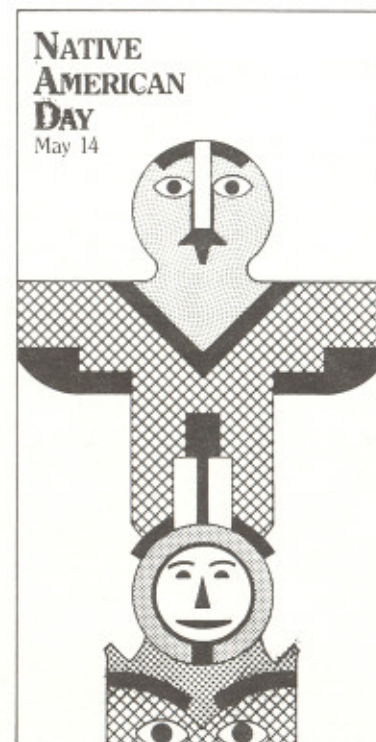
For dying, for being lonely, in a place where death and loneliness are nothing more than near-sightedness.

The Indian plays with the otter's life; watches it play and revel in its foolishness.

Then, the Indian takes the otter's skin, but leaves its essence--its spirit. The Indian leaves the otter's world when he/she takes its skin.

The Indian laughs with the otter.

Life is many things.



# Decade of disabled persons is proclaimed

by John O. Marsh Jr., Secretary of the Army

On Dec. 3, 1982, the United Nations General Assembly proclaimed the period 1983-1992 as the Decade of Disabled Persons.

The National Office of Disability, a private organization, is heading the Decade Program in the United States and coordinating its activities among federal organizations and private sector communities.

I join the Secretary of Defense in urging you to participate actively in agency and community programs for the Decade of Disabled Persons.

As the President has stated, the disabled "...represent one of our most under utilized national resources."

He added, "Our challenge as a nation today is to ensure that each person...is provided the opportunity to develop and use his or her knowledge, skills and abilities to his or her maximum potential, and at the same time be treated with the respect and dignity which the founders of this country proclaimed as each

citizen's birthright."

Affirmative action programs for hiring, placement and advancement of handicapped persons and disabled veterans have been developed.

This outreach continues to contribute qualified people to the Army work force.

The Decade of Disabled Persons acknowledges that employment is only one of the many areas for action.

A national network of Community Partnership Committees is working on a volunteer effort to expand educational and employment opportunities; improve access to housing, buildings and transportation; develop recreational, social and cultural activities; and plan accident and disease prevention programs.

This extensive effort is necessary to eliminate barriers and prevent conditions which preclude over 35 million disabled Americans from participation in the mainstream of life in our country.

I encourage all military and civilian personnel to participate in community activities which benefit disabled persons.

## Toastmasters Club is honored with banner



Toastmasters Area 11 governor John Blackstone (left) presents the Governors-Select Club Banner for 1982 to Toastmasters Club president Phil Schweitzer (center) and educational vice president Merritt Heaney (right). This is the third consecutive year that the club has been honored for its club management plan. (Photo courtesy of Leonard Gloeb)

### TOASTMASTERS CLUB HIGHLIGHTS

ON MARCH 17, Toastmasters welcomed its two newest members--Lt. Lee Gazzano and Billie Kimler. They each received a membership pin.

# Watching and knowing what we

by Blanche H. Fong, PA

"How are we eating today?" asks Diane Friedman, a registered dietician with the St. Paul Ramsey Nutrition Program,

"We're eating lots of sugar at the rate of over 130 pounds per year per average American today.

Friedman, a guest speaker, discussed nutrition to a group of St. Paul District office employees on March 2. (A video tape copy of her presentation is available for loan through Bill Banks, Room 1033A, (612) 725-7549.)

Her discussion was part of a series of presentations sponsored by the St. Paul District Health and Fitness Committee.

## SUGAR, FAT AND SALT

"Where is sugar most commonly found? In soft drinks," says Friedman.

"The soft-drink industry buys the most sugar--about 330 cans per year are consumed by the average American with an average of nine teaspoons of sugar per can."

Another prominent food containing a large percentage of sugar is fruit-flavored yogurt, according to Friedman. There is about four teaspoons of sugar per serving.

"The best thing to do is to buy plain yogurt and put your own fruit into it," says Friedman.

Gelatin has about four and one-half teaspoons per one-half cup.

"We are also eating lots of fat today, especially from meat," says Friedman. "About 120 pounds per year is consumed by the average American."

"There is approximately seven teaspoons of fat and lots of salt in a Whopper," says Friedman.

Which leads to the next item consumed the most by the average American--table salt. Salt can be found in large amounts especially among fast foods, like Kentucky Fried Chicken and in commercially-prepared and packaged soups.

## MYTHS ABOUT VITAMINS AND NUTRITION

"There are lots of literature on nutrition in the market today," says Friedman, "And this has lead to many myths."

One myth, according to Friedman, is that vitamins give you pep and energy.

Vitamins don't have calories and it is calories found in food that gives us energy, says



Diane Friedman.

Friedman. Nor do vitamins give us extra pep and vitality.

Vitamins do not provide a sense of well-being to a consumer because they do not necessarily improve the physical health.

However, vitamins do play a psychological role with consumers, by creating the belief that the product does enhance or maintain our health.

According to Friedman, another myth is that you cannot get enough vitamins from the food we eat.

"With a reasonably varied and balanced diet, you do not need vitamin supplements," she strongly stresses.

Two exceptions are pregnant and lactating women and people who are strict vegetarians.

## VITAMINS CAN WASTE OUR MONEY

"More is better is another myth," says Friedman, "Because excess vitamins are a waste of money--\$2 billion per year is wasted by Americans."

What vitamins the body doesn't need are passed out through the body's waste system.

Sometimes, too many vitamins can be harmful. Friedman cites an example of vitamin A which is stored in the body, rather than passed through when in excess.

"One boy's mother was giving him too much vitamin A pills and he developed pressure in the brain," she says.

# eat is key to nutrition

Water-soluable vitamins, like vitamin C, are usually passed out of the body through urine, but, says Friedman, "You are probably wasting your money on those pills."

"The body needs only small amounts," says Friedman.

For example, one ounce of vitamin B-12 supplies the recommended daily amount for 4,714,921 people.

## TOO MUCH CAN HARM US

Another myth is that specific vitamins can prevent or cure diseases. Science has not been able to prove this.

Too much of any vitamin is not always good. You may cause more health problems for yourself when you take large doses of a vitamin and then suddenly stop, such as when people take large doses to combat the common cold.

For example, says Friedman, if a person takes large doses of vitamin C and then suddenly stops, scurvy may develop.

Sixty milligrams (mg) of vitamin C per day is about average per person, while 2000 mg per day per person is excessive.

Consuming too many vitamins can also create a chemical imbalance and interfere with other drugs you may be taking or can interfere with other bodily functions such as the kidney.

The idea that natural vitamins are better is another myth, says Friedman.

"Natural vitamins, the kind found sold in health food stores, are identical to the synthetic ones found in drug stores and grocery stores," she says.

The only difference between the two is that the natural vitamins in health food stores are priced much higher than the ordinary house-brand ones.

## HOW MUCH IS GOOD?

"Megadoses of vitamins each day are too much," says Friedman.

If you do prefer to supplement your diet with vitamins, you should follow the label on the vitamin bottle, which lists the amount contained in each dosage towards the 100-percent recommended daily allowance (RDA).

You do not need more than the 100-percent RDA, says Friedman.

"Also," reminded Friedman, "Some food products are enriched or fortified with vitamins and minerals, such as in milk, cereal and breads."

"This additional amount should be taken into consideration when striving towards the 100-percent RDA."

## ARE NATURAL FOODS GOOD FOR US?

"Natural" foods are generally packaged with labels stating that no additives or preservatives are added, and they generally appear appetizing.

However, is that particular brand of natural lemon-flavored cream pie you just ate any better for you than other brands?

Friedman says not necessarily.

By reading the list of ingredients on the package, the pie does not contain cream, but does contain a number of other ingredients like sodium propionate and certified coloration.

The reason why the food manufacturer can label the pie as natural is because the lemon flavor is natural.

Natural food products are also not necessarily low in sugar, fat or salt.

For example, an expensive health food store candy bar or "high-energy" bar can have as much sweetener as an ordinary candy bar.

"Carefully read the labels on packaging," suggested Friedman.

In comparison, a 15-ounce can of a Health Valley tomato sauce typically costs 85 cents and lists no citric acid, sugars, preservative or artificial colors and flavors, whereas, an ordinary housebrand one typically costs 15 cents.

"Tomato sauce does not contain those ingredients, anyways," says Friedman.

A helpful hint when reading the ingredients on a label, is that the ingredient which is contained the most of in the product is listed first.

## FAD DIETS

There are many fad diets on the market now from the grapefruit diet to the Beverly Hills diet.

There's even one humorously called the "seafood" diet--you see food and you eat it.

One problem with fad diets is that it's difficult to maintain the rigorous and monotonous diet for very long. It's hard to imagine eating mostly grapefruits for the rest of your life.

*(See page 16)*

## Co-workers participate in aerobics

During April, had you passed by Room 1033 on a Tuesday at 5 p.m., you might have heard what sounded like moans and groans--and that's exactly what it was.

Muscles were being stretched to their limits.

Had you looked farther into that room, you would have seen seven determined employees working on a vigorous exercise/dance program.

After earning their certificates, the group immediately signed up for another five weeks.

Students were Vicki Demo, Lupe Santos, Maureen Sullivan, Sharon Brown, Mary Marx, Debbie Busch and Jan Wallace.

## Nutrition

(From page 15)

### A LOSING PROPOSITION

The St. Paul Ramsey Nutrition Program has several different health and nutrition programs and lectures available, one of which is "A Losing Proposition."

This weight control program is an eight-week program, aimed at developing new eating habits in an effort to lose weight slowly and to keep the weight off.

The program includes lectures and small-group discussions.

The first week gets the participants to change their eating habits, like snacking on fruit instead of pastries.

The second week analyzes our eating habit.

For example, if, whenever you are in the kitchen, you tend to eat something, one deterrent would be to stay out of the kitchen and keep busy doing something away from the kitchen or house.

In the third week, the nutritional amount and value of the food we eat is discussed.

By the fourth week, the importance of exercise is emphasized.

During the fifth week, the program focuses on self-esteem, how we feel or see ourselves.

The sixth week discusses altering recipes and cooking techniques.

The seventh week include discussions on restaurant dining and on stress.

The last week of the program focuses on how to maintain the altered life-style.

## Legal help is available

Unfortunately, we live in a legally complicated world.

At one time or another, we all find ourselves in need of legal advise or representation. Lawsuits, divorce, personal injury, child custody and a myriad of legal issues abound.

A now famous cartoon depicts two men arguing over ownership of a cow; the dispute is settled as the lawyer walked off with the cow as his fee for services rendered.

This, rightly or wrongly, is many people's perception of the barristers of the world; particularly in divorce settlements where the attorney's share is often equal to or greater than the clients.

The counselors at Human Resource Associates have long recognized the need for sincere, honest and affordable legal representation, yet recognize the difficulty the average has in fulfilling this need.

Human Resource Associates has retained the services of two skilled attorneys with a great deal of experience in family, civil and criminal law.

Currently, they are able to provide free phone consultation.

Attorneys are also available to be retained by the client if the need arises.

If you have legal questions, please feel free to contact an employee assistance program counselor at Human Resource Associates Inc. at (612) 437-3976.



*take  
time  
to be  
safe*

*take  
time to  
find out  
WHERE  
it is...  
HOW  
to use it*



# Health and fitness highlights

The Health & Fitness Committee's questionnaire results are in.

They show that 175 of the 217 people completing the questionnaire want to participate in various fitness activities; 167 people are interested in attending health seminars; and 134 people are interested in completing a confidential health risk appraisal.

A copy of the questionnaire with summarized results will be posted on the bulletin boards of each floor in the district office. Information from these results is being used to plan future activities.

## NEW EXERCISE AREA

Present plans call for completion of the 16th-floor locker/shower rooms by July 1.

We are hoping that an exercise room for classes will also be available at that time.

Employee physical screenings, at minimal cost, are recommended for everyone who wishes to participate in the program.

The screenings are now getting underway in the district office. Notices and sign-up sheets will be made available.

## HELP NEEDED

Volunteers are still needed to help with future health and fitness activities.

A few examples are: Volleyball players to organize a Corps noon-time league; runners to organize a running club; and swimmers to set up a swimming program.

Help is also needed with Corps picnic events; volunteers to make arrangements for additional health seminars, etc.

Ground work has started for most of these projects. This is our program and it is up to all of us to make it what it can be!

Contact Jim Holleran at 725-7233 or Jon Niehaus at 725-7772 if you're interested in finding out more.

## STRETCH AND BEND

Approximately 60 employees attended the three sessions held during the 15-minute breaks on the 16th floor. A strong interest was shown to continue this activity.

## STAIR WALKERS

Your body burns 12 calories by walking down one flight of stairs (20 steps) and burns 17 calories walking up, in addition to toning muscles.

## BROCHURES

Various health and fitness brochures are now available for reading in the library.

## NAME THE PROGRAM

Six suggestions for names for our health and fitness program, which were taken from the questionnaire results, are listed below.

Please check your choice, cut out, and return this form to the library.

---

To: St. Paul District Technical Library

Name the Health and Fitness Program

/ / Health Corps

/ / Feds for Fitness

/ / Federal Fitness  
Corps

/ / Shape Up

/ / Shape of Things

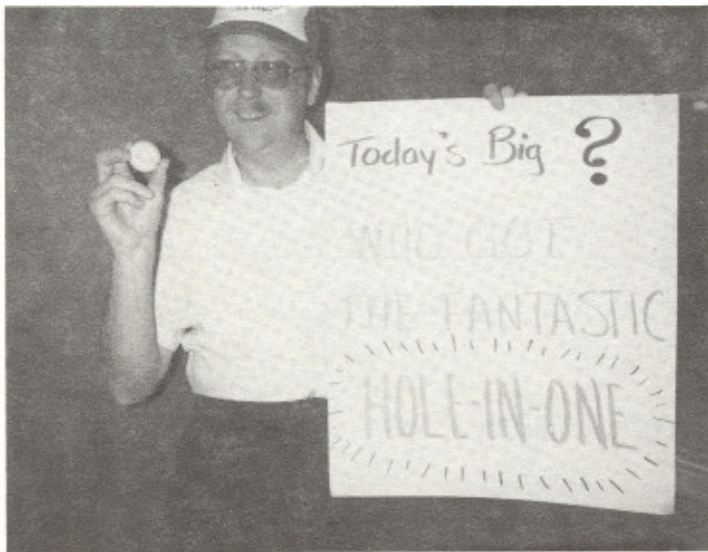
/ / Shape Up NOW

## Holmberg places second in rowing championships

Doug Holmberg, CO-CT, wears the prestigious second-place medal he won for the 2000-meter open double event of the 1983 Midwest Rowing Championships, Madison, Wis., on April 30. The competition attracted over 1700 participants. Holmberg has been rowing competitively two of the six years he has rowed. His next competition is in the U.S. Nationals, Cincinnati, Ohio, in July.



## Koerner hits incredible hole-in-one



Wayne Koerner, PD-PF, proudly displays the golf ball which helped him make personal history. He shot a hole-in-one on May 3 at Phalen Golf Course, St. Paul, with an 8-iron, for 144 yards into Hole 8. He was playing a foursome with Gary Ditch, John Bailen and Bill Spychalla, as part of the St. Paul District Golf League.

## Be careful of lawn mowing hazards

*From the American Forces Information Service,  
Department of Defense, Washington, D.C.;  
June 14, 1982.*

Boy, can you fly through that lawn once you've got the old power mower chugging away!

Besides, you've got to finish in time for the ballgame, picnic or whatever the family has planned.

Or, maybe your youngster is mowing the lawn now. It's good training in doing their share, and it's good exercise.

Nobody has catalogued what was in the minds of the 70,000 adults and children injured last year by power mowers, but the emergency room records where they were treated contain a grisly list of serious, sometimes permanently maiming wounds.

### COMMON INCIDENTS

Among the most common incidents that cut short someone's lawn mowing session--or somebody's day who was walking past an operating mower--were:

(1) Hands coming into contact with a rotating blade, (2) getting hit by objects propelled by the mower, (3) overturning mowers (especially the riding kind), and (4) getting run over by a moving mower.

### SAFETY TIPS

Here are some common sense rules for operating power mowers from the U.S. Consumer Products Safety Commission:

\* NEVER ALLOW young children to operate power lawn mowers and keep them away from the area when you are mowing.

\* WEAR STURDY, rough-soled work shoes and close-fitting slacks and shirts. Never operate the mower in bare feet, sandals or sneakers.

\* RAKE AWAY wires, cans, rocks and twigs before you start mowing.

\* NEVER MOW a wet lawn, because you could slip and come in contact with the rotating blade. Also, the wet grass could clog the blades and tempt you to try to clear the machine without first turning it off.

\* ALWAYS TURN OFF the mower and wait for the mowing parts to stop before you leave it.

\* ALWAYS TURN OFF the machine and disconnect the spark plug wire or the electric plug when you need to unclog or adjust the machine. If you don't, a slight touch of the blade could trigger it to complete a full rotation, with deadly effect.

\* MOW ACROSS the slope when using a hand (walk-behind) mower. With a riding mower, however, drive up and down the slope for stability.

\* NEVER GO into reverse without looking behind you--some of the most serious mower accidents involve backing into children.

\* WHEN USING an electric mower, be careful not to run over the cord or entangle it in the blades. Start mowing the grass nearest to the electrical outlet and gradually move out.

\* WAIT FOR at least one-half minute after shutting off the engine to be certain the blades have stopped.

\* PUSH--don't pull--a hand mower.

\* NEVER REMOVE the safety shield or any other safety devices on a lawn mower.

\* NEVER REFUEL a mower while it is running or while the engine is hot.

\* NEVER REFUEL a mower indoors; unseen vapors may be ignited by a spark.

\* START THE mower outdoors, not in a garage or basement where carbon monoxide gas could collect.

\* DON'T SMOKE around the mower or gasoline storage can; gasoline fumes can easily ignite.

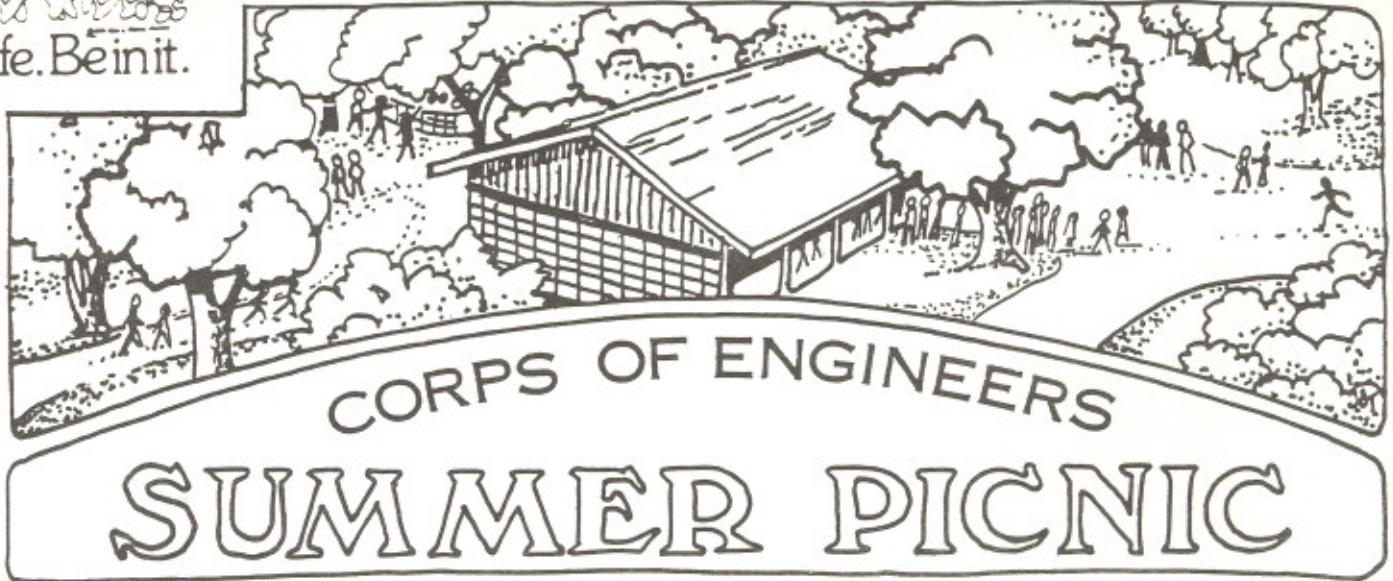
\* KEEP CHILDREN away from the machines and the gasoline.

\* READ THE owner's manual and pay attention to its recommendations before each use of the mower.

**National  
Asian-Pacific American  
Heritage Month  
May 1983**



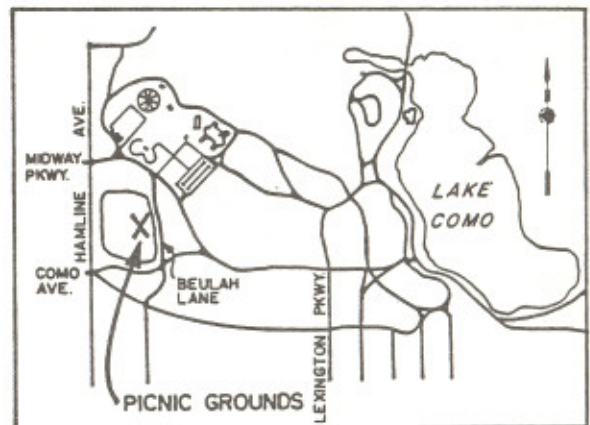
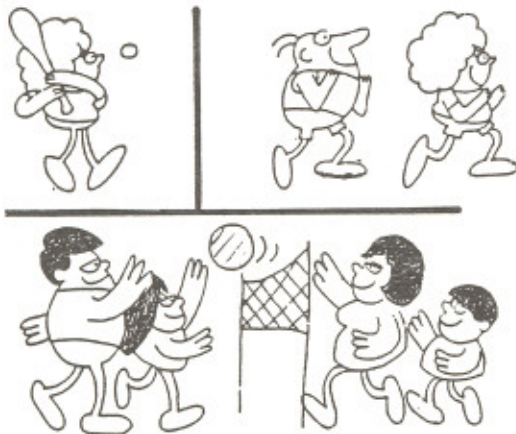
All St. Paul District Corps employees, their families and friends, and all retirees are cordially invited to attend this year's celebration of Engineers Day.



FRIDAY, JUNE 17th, AT NOON COMO PARK, ST. PAUL

**\*GAMES\***

- VOLLEYBALL
- GOLF
- HORSESHOES
- SOFTBALL
- FOOT RACE
- and more...



**ANNUAL AWARDS CEREMONY - 12:15 P.M.**

**\*LUNCH\***

BBQ CHICKEN, HASH BROWN POTATOES, CORN-ON-THE-COB, BAKED BEANS, ITALIAN SALAD, POTATO SALAD, BROWNIES, COFFEE, PUNCH

- o FREE POP AND BEER o
- o LUNCH FOLLOWS AWARDS CEREMONY o
- o TICKETS NEEDED FOR LUNCH ONLY o

TICKET PRICES: \$4.25  
(KIDS AGE 6 AND UNDER \$2.00)



EASY ACCESS TO THE COMO PARK ZOO, CARNIVAL RIDES, AND MINIATURE GOLF. WATCH FOR FURTHER INFORMATION OR CONTACT RUSS SNYDER AT THE DISTRICT OFFICE 725-7233.