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of Engineers
St. Paul District

Crosscurrents

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Harris takes myths out of management process

by Sharon Brown, EE

Lynn Harris, chief of Personnel Office, spoke to 48 St. Paul District employees at a seminar sponsored by the Federal Women's Program recently.

The subject of his presentation was "Demythologizing the Management Process."

Harris explained that there are many myths surrounding what managers really do. We know from management classes that managers are supposed to plan, organize, direct and control.

He says that what managers really do is engage in a series of fast-paced, brief encounters with individuals during the work day. They have very little time to think, plan and review activities.

As a result of this, managers are "information hungry." They need better sources of information and more alternatives to use in the decision-making process.

Employees who understand this can make an important contribution to their success and their manager's success by providing that information in a useful form.

On the subject of motivation, Harris noted that the principles of motivation are well understood.

In order for a job to be motivating, an employee must believe that greater effort will produce better results; that better performance will be rewarded and that the rewards expected will be something the employee values.

Establishing those relationships in a dynamic environment, however, is a difficult



Lynn Harris.

undertaking. The simplest thing that supervisors can do to improve performance and motivation is provide more feedback.

This reinforcement helps employees to tailor their behavior to satisfy organizational needs. Without adequate feedback, employees must guess what those needs are.

The final portion of the program dealt with job satisfaction and its relationship to productivity and turnover.

These mini-lectures were drawn from a course on human relations and applied organization theory which Harris teaches for the extension division of the University of Minnesota.

See holiday party photos on pages 8-14.

Take the stress test

compiled by the Safety Office

A simple way to tell if you have a stress-prone personality is to rate yourself as to how you typically react to the situations listed below.

There are no right or wrong answers.

Give yourself the following points: four points--always; three points--frequently; two points--sometimes; and one point--never.

THE TEST

- * Do you try to do as much as possible in the least amount of time?
- * Do you become impatient with delays or interruptions?
- * Do you always have to win at games to enjoy yourself?
- * Do you find yourself speeding up the car to beat the red light?
- * Are you unlikely to ask for or indicate you need help with a problem?
- * Do you constantly seek the respect and admiration of others?
- * Are you overly critical of the way others do their work?
- * Do you have the habit of looking to your watch or clock often?
- * Do you constantly strive to better your position and achievements?
- * Do you spread yourself too thin in terms of your time?
- * Do you have the habit of doing more

than one thing at a time?

- * Do you get angry or irritable?
- * Do you have little time for hobbies or time by yourself?
- * Do you have a tendency to talk quickly or hasten conversations?
- * Do you consider yourself hard-driving?
- * Do your friends or relatives consider you hard-driving?
- * Do you have a tendency to get involved in multiple projects?
- * Do you have a lot of deadlines in your work?
- * Do you feel vaguely guilty if you relax and do nothing during leisure?
- * Do you take on too many responsibilities?

SCORE RESULTS

Score: 20-30, nonproductive or understimulated; 30-50, good balance; 50-60, stressed; 60, candidate for heart disease.

It's tough for someone working under stress to go all out for safety all the time. If nothing else, stress is a distraction that takes the focus off safety.

So, controlling or conquering stress may help you avoid an accident.

The next deadline to submit all materials to Crosscurrents is Jan. 24.

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St. Paul District commander challenges SAME post

From "Tower Times," Vol. 4, No. 8, December 1982; Corps of Engineers, Rock Island District, Rock Island, Ill.

Col. Edward G. Rapp, commander of the St. Paul District, Corps of Engineers, challenged members of the Rock Island post of the Society of American Military Engineers (SAME) to be involved with mobilization at a talk at the November meeting of the local post.

Col. Rapp said that SAME was invited into existence by the President of the United States in the early 1920s to insure that the nation could provide the construction surge needed for mobilization.

He added that SAME was established to avoid the debacle that accompanied the construction build-up during World War I.

The St. Paul commander also said that Civil Works is in the Corps of Engineers rather than the Department of the Interior so the Corps can be a strategic reserve to get contract construction going to save the nation during a major emergency.

Col. Rapp said that all Corps of Engineers districts must have a creditable, executable plan to achieve full mobilization in six months and this mobilization time must be achieved.

Accomplishing mobilization is one of the major deterrents to war, Col. Rapp said.

It took two and one-half years before mobilization was completed early in World War II, Col. Rapp said.

"This mobilization time must be reduced or the nation is threatened," the St. Paul commander added.

The St. Paul commander suggested getting the Planning Branch involved in determining what the Rock Island District mobilization mission should be and identifying military construction projects that the district should be doing.

Col. Rapp also suggested identifying private architectural-engineering firms that could be working on mobilization and telling the firms now that we will need them in an emergency.

Col. Rapp said that the Rock Island District must accomplish \$200 million in military construction in 60 days after mobilization begins and that we must do \$60 million to \$70 million in military construction a month during mobilization.

This compares to the total workload of the Rock Island District during one year of normal operations.

Col. Bernard P. Slofer, Rock Island District commander and vice president of the Rock Island post, said that Lt. Gen. Joseph K. Bratton, chief of engineers, will speak at the June 1983 meeting of the Rock Island post and that the local post will host a regional meeting of the Great Lakes Region of the SAME in September 1983.

SAME highlights

by David Christenson, PD-FS

The next Society of American Military Engineers (SAME) luncheon meeting will be on Jan. 20 at the St. Paul Athletic Club.

Marty Romano, vice president and regional manager of Edwards and Kelcey's western operations, will discuss his firm's role in the preliminary and final design of the Arrowhead Bridge substructures.

His slide presentation will include an analysis of the subsurface investigations, piling selection and design, and the selection and design of the single-column sculptured piers.

This facility currently estimated at \$60 million plus, is due for completion in 1984.

The Arrowhead Bridge, when completed, will replace the old existing bridge on U.S. Highway 2.

The 8,400-foot long bridge will span the St. Louis River, connecting Duluth, Minn. and Superior, Wis.

The project includes 43 sculptured piers estimated at \$22 million.

The piers vary from 16 feet to 130 feet in height.

The main span is a single span 500-foot steel tied-arch. It spans a 400-foot navigation channel and has a vertical clearance of 120 feet.

The substructure design work was performed by Edwards and Kelcey as part of an engineering team headed by Owen Ayres and Associates for the Wisconsin and Minnesota Departments of Transportation in cooperation with the Federal Highway Administration.

For luncheon reservations, contact me, David Christenson, at 725-5994.

Thompson dredges Illinois River

From "Tower Times," Vol. 4, No. 8, December 1982; Corps of Engineers, Rock Island District, Rock Island, Ill.

The U.S. Army Corps of Engineers Dredge William Thompson worked 14 days straight over the Thanksgiving weekend to complete an important dredging job on the Illinois River at the mouth of the Mackinaw River.

The dredging was required because heavy siltation had almost closed the river for commercial barge traffic.

The State of Illinois granted a variance to do the job and dredging began at 4:30 a.m. on Saturday, Nov. 20.

Between 170,000 and 200,000 cubic yards of material was placed on the south bank of the Illinois River before dredging was completed on Nov. 29.

Rick Vale of Channel Maintenance Section, Operations Division, supervised the job for Rock Island District and the dredging was done by the Thompson, owned by the St. Paul District.

The Mullen, an auxiliary pump vessel that works with the Thompson, was used for 60 percent of the job and then left for the St. Paul District.

The Thompson also headed down the Illinois River and then up the Mississippi River after finishing its job.

Vale reported that besides working during the Thanksgiving holiday, they also faced bad weather, including rain, snow, ice and wind, in order to complete this important dredging job.

This is the second straight year that district personnel have had to work over the Thanksgiving weekend to keep the Illinois River open for barge traffic.

Personnel from Structures Maintenance and the Illinois River Project Office at Peoria worked over the 1981 Thanksgiving weekend to make a major gate change after a gate at the Peoria lock was severely damaged by a towboat.

Dam inspections are finished

From "Engineer Update," Vol. 6, No. 11, November 1982; Office of the Chief of Engineers, Washington, D.C.

The Corps of Engineers has completed an inspection of 8,818 non-federal dams in the United States.

The dams were selected from a Corps inventory of more than 68,000 dams.

The inspections were authorized by the National Dam Inspection Act of 1972. Congress passed this act after heavy rains caused a number of dams to fail, resulting in loss of lives and extensive property damage.

In 1977, President Carter directed the Secretary of the Army to have the Corps update the 1975 inventory and inspect all non-federal high-hazard dams.

The Corps inventoried all dams over 25 feet high and capable of storing at least 50 acre-feet of water.

Reports on all inspections were provided to state governors with recommendations for remedial measures to correct deficiencies.

Dams inspected were selected by the Corps in cooperation with the states because the dams were considered "high-hazard"--if they failed, there would be loss of lives and major property damage.

Thirty-three percent of the dams inspected were declared unsafe.

"The large percentage of unsafe dams and the lack of implementation of remedial measures indicate that dam owners are not willing or able to maintain their dams, and states are not willing to require the needed maintenance," said Lloyd A. Duscha, dam safety officer for the Corps.

"Most states have shown a willingness to implement and maintain effective state dam safety programs if federally funded, but only a limited number of states have indicated that they will continue these programs without federal assistance," he said.

ENERGY.
We can't afford to waste it.

Communicate effectively with legislators

by Jean Schmidt, AS-L

It's easy to be cynical about the sometimes slow and seemingly cumbersome legislative process.

However, our lives can be profoundly affected by laws passed by our legislators.

Letters are an essential means of communicating your views, particularly with our federal-elected officials in Washington, D.C.

It's a mistake to think your letter will not be considered.

After working in the Minnesota Senate for several years, I can testify that legislators take their constituent's letters very seriously.

SUGGESTIONS

The telephone offers a quick means of communicating your views, but it is not as effective as a well-written, personal letter.

Remember, it's your legislator that passes bills, not the hapless staff member who takes your call.

The following suggestions will help make your letter-writing task easier:

1. State your reason for writing clearly and concisely. Discuss how the pending legislation will affect your area, business or family. Be reasonable and nonthreatening.

2. If possible, include the name of the legislation, or the Senate or House bill numbers. Public information numbers are noted at the end of this article.

3. Write in a professional, but natural style. Avoid the appearance of a form letter. Massive mailings of form letters may seem effective, but it does not show knowledge about the issues.

4. Ask the official to state her/his position in a reply. Be sure to include your name and address in the letter, as well as on the envelope.

5. Timing is critical! Express your opinions on a bill while it is still under consideration, not after it has been passed or defeated.

6. Be positive; express satisfaction with the legislator's votes on past issues.

BE INFORMED

The most fundamental step in participating comes from being fully and accurately informed.

The Minnesota legislative session begins Jan. 4.

In addition to following legislative actions through newspaper, television and radio coverage, the Minnesota State Senate and House of Representatives maintain public information offices and publish up-to-date activities reports.

The Senate Hotline, (612) 296-8088, and House of Representatives "Housecall," (612) 296-9283, offer recorded listings of committee meetings and agendas.

Specific information on a particular bill's sponsorship, number or status can be obtained from Senate Index, (612) 296-2887, or House Index, (612) 296-6646.

The federal bill status number is (202) 225-8646, or contact your legislator's local office.

The St. Paul District's Technical library has directories and guides to assist you in identifying your legislator and where to contact him/her.

BE HEARD

A final important suggestion--DO WRITE! Your views cannot be reflected unless you make them known.

Solid as a rock.



Take stock in America.
Buy U.S. Savings Bonds.

People

CONGRATULATIONS go to Alana and Scott D. Thureen, ED-GH, on the birth of son Kyle David on Dec. 4 at 8 lb., 10 oz.

CONGRATULATIONS go to Jon and Betti L. Schmidt, DO-0, on the birth of son Christopher Michael on Dec. 5 at about 8 lb., 3 oz.

CONGRATULATIONS go to Jan and Michael Schwalbe, L&D 1 Rehabilitation Project Office, on the birth of son Richard Aaron on Dec. 26 at 8 lb., 3 oz.

SINCERE SYMPATHY is extended to Gerald R. Blomker, ED-D, on the death of his father.

SINCERE SYMPATHY is extended to Fremont H. Jewell, ED-GH, on the death of his father, Henry H. Jewell, who was a civil engineer employed by the Corps of Engineers in 1910 to survey the Minnesota River.

DEEP SADNESS is felt on the death of retiree Sidney A. Johnson, resident of Escondido, Calif, on Nov. 2. He was a resident engineer on the construction of locks and dams, and also worked with the Design Branch in the 1940s-50s.

DEEP SADNESS is felt on the death of retiree Maurice N. Heaser, resident of Hastings, Minn., on Dec. 14. He worked with the locks and dams.

FOND FAREWELL and best wishes go to Lexine C. Jordan, a freight rate specialist in the Procurement and Supply Division, who retired on Dec. 29 after approximately 34 years of federal service.

FOND FAREWELL and good luck go to the following who recently left the Corps: Mark R. Zimmermann, PD-FS; Andrea M. Johnson, CO-RF; Mark D. Miller, Dennis G. Greisinger, Paul D. Finch, Leland R. Dollar and Gene E. Barum, Hired Labor Forces; Darrel E. Oldenburg and Robert A. Baumgartner, L&D 7; Jay E. Taverna, Ray J. Reha and Randall J. Piel, Dredge William A. Thompson; Merlyn M. Ruff, L&D 4; James F. Hastings and James P. Berra, L&D 8; Fern J. Hare, L&D 5; Robert Seeling, L&D 5A; and Sherolyn J. Bahl, Lac Qui Parle Lake.

A WARM HELLO goes to retiree Steve Tysowsky, a hydraulic engineer who worked with the Corps from 1956 to 1976. He recently parti-

cipated in a concert of Ukrainian carols and folk songs, sponsored by the Ukrainian-American Community Center in northeast Minneapolis.

Around the Corps

BRIG. GEN. Forrest T. Gay III, former St. Paul District commander from 1976 to 1979, was recently appointed commander of the South Atlantic Division. Gay was serving as the Corps' acting director of civil works since July 1982. He replaces Maj. Gen. John F. Wall, who is accepting new duties as director of civil works in the Office of the Chief of Engineers.

WINTER STORMS in early December brought flooding to the North Pacific Division. Flooding in Oregon was confined mostly to coastal rivers and streams. In western Washington, several coastal and mountain rivers in the Olympic and Cascade mountain area were flooded. Near Mount St. Helens, heavy runoff and serious erosion problems were reported on the Toutle and Cowlitz Rivers.

ENGINEER-RELATED problems, questions and comments can be made by telephone to the U.S. Army Engineer School's "Engineer Hotline." The hotline's auto-answer recorder operates 24 hours a day, seven days a week. Callers should state their name, address and telephone number, followed by a concise question or comment. You'll receive a reply within three to 15 days. The hotline is not intended as a receiving agency for formal requests. Call (703) 664-3646.



New program wants help from Corps retirees

by Col. Neil E. Saling,
Alaska District Commander

Each one of the Corps' 40 districts encompasses its own unique geographical characteristics, which in turn translate into unique engineering and human requirements in carrying out the Corps' multi-faceted mission.

To meet the special requirements of the Alaska District, we have begun Operation Grizzly.

This new program is designed to search out and link up with a valuable human resource--our retired workforce.

OPERATION GRIZZLY

Essentially, Operation Grizzly aims to re-recruit qualified employees, get them to come out of hibernation, for a unique work experience on America's Last Frontier--but only temporarily, for the duration of our relatively brief summer construction seasons.

The Grizzlies would continue to draw their retirement annuities, plus supplemental pay and authorized allowances for Alaska duty.

At the close of the four to five-month season, the Grizzlies would go back into hibernation as district sourdoughs prepare to winter over.

THE WORK

This program is a cub from the marriage of a tight budget and an increasing workload.

The work involves supervision and inspection of both military and civil works projects dispersed over an area of magnificence and wilderness more than twice the size of Texas.

Project types range from modern dome construction to harbor dredging.

With more than 20 hours of daylight per day, summer temperatures are very comfortable, and the hunting and fishing are unsurpassed.

FOR MORE INFORMATION

If you know of any potential "Grizzlies" who would like a rare opportunity for high adventure, deep professional satisfaction and an unforgettable experience in The Great Land, please ask them to contact me or Bonnie

Johnson at the U.S. Army Corps of Engineers, Alaska District, P.O. Box 7002, Anchorage, Alaska 99510; (907) 552-4407.

Are you over 65 and still working?

From "American Forces Press Service," No. 2104, Dec. 20, 1982; Department of Defense, Washington, D.C.

If you are eligible for Social Security retirement benefits based on private sector, military or temporary federal employment, you should understand how the age at which you retire affects your benefits.

Here are some pointers from the Social Security Administration.

For retirement benefits, what you get depends to a large extent on when you elect to retire.

You can retire at 62, but the benefits you draw will be permanently reduced. Sixty-five is the usual age to retire.

After you retire, you can earn up to a certain annual limit and still draw the same Social Security check that you would if you would if you were completely retired.

If you are under age 65, retired but still working, the limit is \$4,920 per year; if you're over age 65 and under 70, the annual limit is \$6,600.

If you earn over the established limit, each additional \$2 you earn causes a reduction of \$1 in your retirement benefits.

What if you make so much in a year that your wages disqualify you for retirement checks?

You'll earn the right to higher retirement benefits when you finally do stop working.

When you turn 70 and are still working, your wages will have no effect at all on your Social Security checks.

No matter how much you earn, if you're 70 or older, you get full retirement benefits.

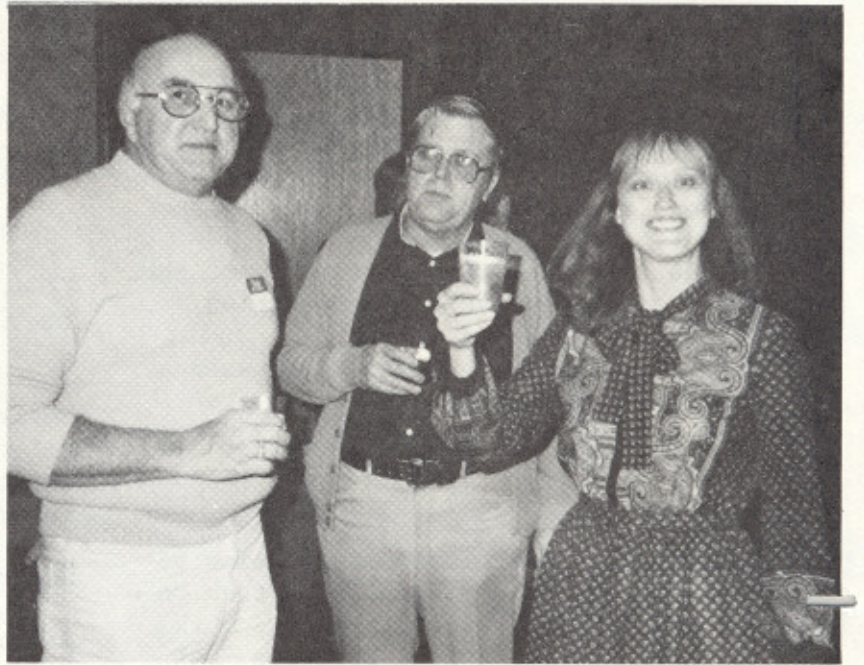
To learn more about your Social Security benefits, send for a free brochure titled, "Your Social Security."

Send your request to: Consumer Information Center, Dept. 514K, Pueblo, CO 81009.

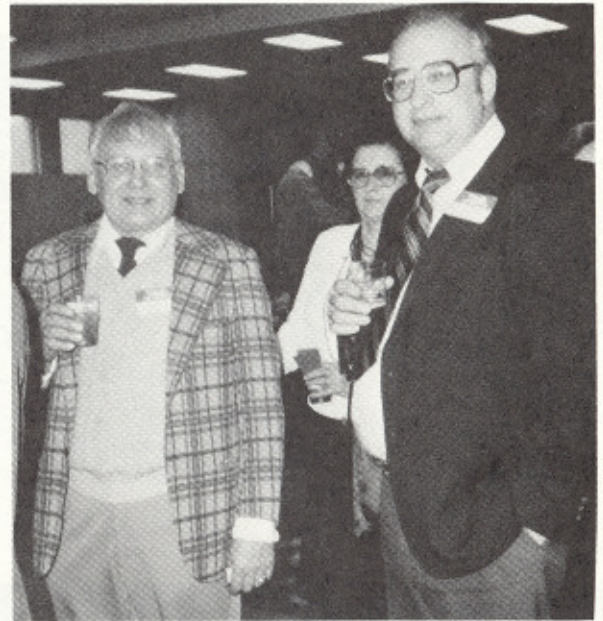
Or, contact your local Social Security Office, listed in the phone book under "U.S. Government."

St. Paul District celebrates

*(Photos by James Braatz, PA,
and Rose Braatz, CO-A)*



holiday season



Holiday season



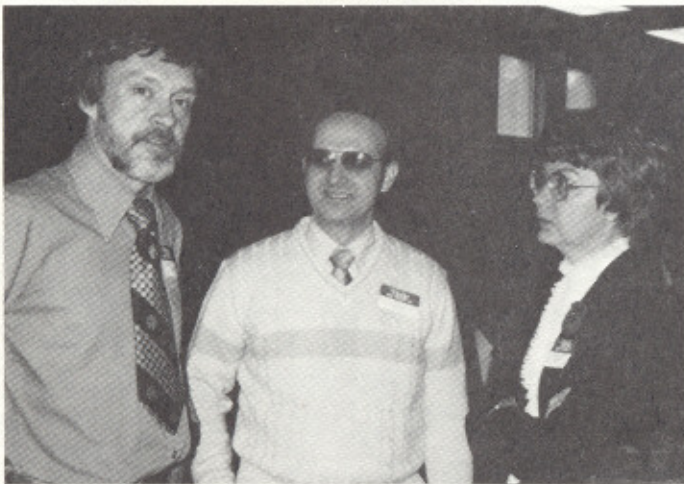
Holiday season



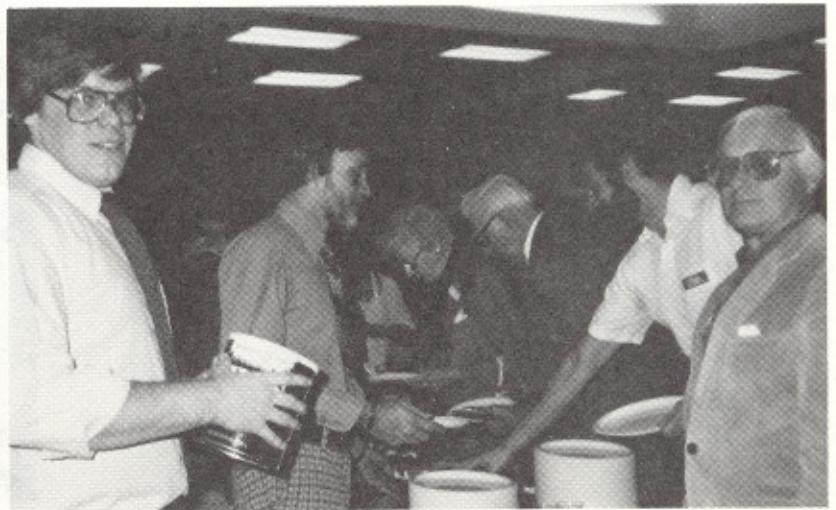
Holiday season



Holiday season



Holiday season



Rideshare needs more riders

The Minnesota Rideshare Program is looking for more riders for vanpools.

Vanpools that need more passengers are from the home location of Big Lake to the destination of Honeywell; from Taylors Falls to Control Data Corp.; from New Richmond to St. Paul Companies; from Isanti to Bureau of Mines; and from Lindstrom to Growth Ventures.

Vanpools that are trying to form are from the home location of White Bear Lake to the destination of Downtown St. Paul; from St. Paul to Center City; from Wyoming to Downtown Minneapolis; from Burnsville to Downtown Minneapolis; from Cambridge to New Brighton/Arden Hills; from Anoka to Downtown Minneapolis; from Becker to Plymouth; and from Brooklyn Center to Downtown Minneapolis.

To join the Minnesota Rideshare Program, contact the Metropolitan Transit Commission (MTC), 801 American Center Building, 150 E. Kellogg Blvd., St. Paul, Minn. 55101, 297-3800.

Application cards for the Minnesota Rideshare Program are also available in the St. Paul Main Post Office building on the back bulletin boards on most floors.

Make a New Year's resolution

by John Blackstone, ED-GH

New Year's resolutions interest me.

Many people profess that the crossing of the magical, imaginary line, where the old year ends and the new one begins, is a time of renewal.

Reassessment is a valuable tool. It can be used to alter lives in a positive way.

My decision to join a Toastmasters Club seemed a small one three years ago.

However, it has opened doors to opportunities I did not imagine.

One of the most interesting, lively experiences I have had in a meeting is Table Topics.

This is a time when members are asked to respond extemporaneously to questions.

I recently attended another club's meeting and the Table Topics master had paraphernalia and slang phrases from his railroading experiences.

The sample that I remember was, "Tell the hogshead to put her in the company notch."

The member responding to this Table Topic had no idea what that meant, but did respond spontaneously.

If you would like to add some spice to your life, join us next Thursday noon in the sixth-floor PEDC rooms.



Get help from Al-Anon

The Al-Anon Family Groups are anonymous groups of people whose lives have been or are being affected by the family disease of alcoholism.

Living with an alcoholic can be devastating to a family member. This person may need support from friends or co-workers.

If you would like to learn more about Al-Anon, plan to attend a January open meeting held by the American Center Al-Anon Family Group.

For more information on the Al-Anon program and the January open meeting, call Al-Anon at 222-3211.

In remembrance of Martin Luther

by Paul H. French, PD-RC

OVERCOMING OBSTACLES

Many books, movies and television documentaries have commemorated Dr. Martin Luther King Jr., showing us the social effect that he had on this country as a whole, and every color.

A Nobel Peace Prize winner in 1964, Dr. King was an example of the phrase, "The good, they die young."

Even though he is no longer with us, he still exerts a positive influence on peace and brotherhood for all Americans.

I hope that my essay is worthy of Dr. King, but it is difficult to summarize all my feelings about him and what he stood for in a limited space.

DR. KING'S CAUSE

The average Black family in the United States today seems to be in the middle class and low income brackets.

This is a positive statement for Blacks. Before Dr. King's concern, the average Black family was mostly in the low income bracket.

I liked Dr. King's approach to the problem. Rather than dwell on how the Black's ordeal started (during slavery), he wanted to start from today and beyond.

At that time, many Blacks had an attitude that because we were forced here, the Whites owed us a living.

Whites didn't owe the Blacks a free ride, but, as Dr. King realized, the country did owe the Black person all of the respect and honor owed to all people.

THE NEED FOR EQUALITY

In the late 1950s and 1960s, Blacks were locked into certain types of employment.

For example, porters, maids, drivers, laborers, cooks and farm workers.

Some White people held positions in those jobs, too, but they had many opportunities for advancement.

During this same time, there were also few Blacks in law, medicine, law enforcement, business management or upper levels of government positions.

Blacks were not allowed to vote in the southern states (they were told it was due to lack of education), but they were taxed.

When I talk to my children, I convey to them, as my father did to me, you have to try harder than the other person because prejudice still exist.

But at the same time, I tell them how fortunate they are to live now than in my father's days as a young man.

I explain to them that when I was a child, being Black was not mentioned among Blacks.

In school or on a job application, you never saw Black as a choice for racial status questions--we were called "Negroes."

Would you want to be called something or considered someone bad because of a name?

You see, the reason Blacks didn't want to be classified as Black was that everything Black was considered bad.

Being Black was seen as a negative symbol. Blackcats, blackball, blackmail, blacklist, blackjack, black magic, blacksheep are examples of this.

So, we were called the colored people or Negroes by people who realized we were people; those that didn't labeled us "niggers."

REGARDLESS OF COLOR OR RACE

Dr. King built a positive image for Blacks.

He went throughout the country spreading the word to Blacks that if you can't be proud of your color and your race, we will never be able to hold our heads up.

He also taught us that "the color of skin does not a person make, so be proud, whatever color you are, White, Black or Red."

His dream was for all humankind to live and work equally and in peace and harmony.

Brotherhood was his message to all of us.

MY CHILDREN TODAY

My children really find it hard to believe that Blacks, when I was a child, were never seen on television.

They didn't understand why Blacks were not in many magazines and school textbooks.

They couldn't imagine the National Basketball Association, National Football League or Major League Baseball without any Blacks on their teams.

King Jr.'s birthday: Jan. 15, 1929

They didn't believe the hardships Blacks faced just to be among the selected few to play sports at a college-level.

Their disbelief is obvious.

Today, you can't turn on the television without seeing Blacks in commercials and advertisements. In some cases, Blacks have their own television series.

Today, you can't see a professional basketball game, baseball game or football game without seeing Blacks.

Blacks are in medicine, law, teaching and business management. There are Black mayors, congressmen and women and Black representatives.

Now, anyone can vote if they choose to.

THE NEED FOR CHANGE

Dr. King initiated "I am Black and proud" and as soon as he made the rest of the Black population see this, things started happening for us.

Dr. King made us realize we were owed all of these things. Not because of the abuse of our forefathers, but because we helped make this country.

As a pastor and with a strong religious background, Dr. King held no animosity about the past.

He simply understood a great injustice had taken place for over a hundred years and a change was long overdue.

He built his life and died fighting that injustice.

STEREOTYPES

For too long, Blacks were thought of as a dumb people and somewhat less than human.

Even after the slaves were freed, these stereotypes continued until Dr. King stepped in to help eliminate them.

As a child, I felt inferior to Whites. Many Blacks during this time have had the same complex.

They felt that Whites were the smart race and that Blacks were destined to continue living under White dominance.

Blacks were denied so many cultural, social and economic opportunities.

I think Dr. King felt these opportunities were the Black's highest priorities toward civil rights.

THE USE OF NONVIOLENCE

Some Black radicals and revolutionaries didn't have the patience Dr. King had and their ideas were completely different from his.

They chose to use violence to get the opportunities we deserved.

It was very fortunate Dr. King was around in those days; otherwise, this country may have been divided today.

He said there was no room for violence in his own and the people's endeavors.

Fortunately, as myself, most Blacks believed in what Dr. King had said we could do without violence.

So, Dr. King, just by his popularity and trust of the Blacks in this country, helped undermine the radicals' plans for revolution.

I say, "Thank you, Dr. King."

THE NEED FOR UNDERSTANDING

Dr. King felt that what the Whites did in the beginning to the Africans could only be repaid by those same White slave traders to those same Africans during that time.

He knew we were of African descent, but what the slave traders did, changed the course of history.

We were no longer African, but a mixture of Black and White.

He knew that the United States was now our only homeland and English was our native tongue.

In fact, we are not Africans, but a new race of people and Dr. King wanted us recognized as Black Americans.

EQUAL RIGHTS

Dr. King knew that slaves helped build this country. He told us that for this reason, we deserved the same rights and privileges as Whites.

Rather than battle officials who didn't see it his way, Dr. King acted as a mirror.

In his reflection was truth. He told Blacks that that is what would set us free.

The reflection showed Whites his idea, that we do not want any more than any other American and we were not getting our fair share.

He let the nation know that "a man is a man, is a man."

(See page 18)

Martin Luther King Jr.

(From page 17)

We all bleed red blood; we all have feelings, desires; and we as individuals should be able to determine our destiny.

Our lives should not be controlled by others.

He made it known that integration has to take place.

The Creator put us here together on this planet, so evidently He wanted us to live and work in harmony with each other.

THE THIRST FOR KNOWLEDGE

Before Dr. King freed us, we were lost for any information about Black culture or information about our heritage.

We had no information about family origin. At that time, Blacks couldn't worry with things like that because we had neither the money nor resources to study these things.

I am a Black American, but I feel somewhat inferior when I hear other people speaking in a different language (e.g., Spanish or Vietnamese) to each other or when a White person can tell me that his/her relatives are or were living in another country, the country of their family's origin.

That kind of cultural information for me is lost forever, but like Dr. King I will live from today to beyond.

BREAKING THE EDUCATIONAL BARRIER

I think Dr. King's greatest accomplishment was breaking the educational barriers Blacks faced.

Before Dr. King, most Blacks went to Black schools that were totally inferior to White schools.

The government didn't fund Black schools as they did White schools.

We also needed White teachers because there was a severe shortage of qualified Black teachers.

Some colleges also said, "We don't enroll Black students."

DR. KING'S INFLUENCE

The reason Dr. King was so successful is that he used the truth as a tool. With the hard truth, he let Whites know the position we were in.

He emphasized to the nation that we did not want reparations for historical injusti-

ces, but justice for Blacks that live today.

The injustice had to end, and even if it meant endangering his own life and even the lives of his family, he felt so be it.

For the Black community, the brick walls finally stopped being built with the rise of the civil rights movement and its proud and honored leader, Dr. King.

I think the truth made some of our nation's leaders aware that we are a proud people, a strong people, who have always been a part of this country's success.

DR. KING'S DEDICATION

Dr. King was a great man.

He was not a politician, but was seen by the U.S. President with the same priority as any great statesman.

Our nation's leaders knew the influence and awesome power he had over Black people in the country.

He could rally thousands of people together and not only that, they would follow him for miles and for days.

His memory still lingers in the hearts of many.

He wasn't a criminal, but was arrested many times on his freedom marches.

This man, who held a Nobel Peace Prize, had an arrest record because he fought to establish justice for all humankind, no matter what sacrifice he had to make.

He was a physically strong man, but would not use his strength in an aggressive manner.

He only used his strength to help a marcher who had fallen from the brutality of the many law enforcement officers who tried to curtail his marches and rallies.

BLACKLISTED BY THE FBI

Dr. King's life was always open; he hardly had a private moment. And the private moments he had were probably not so private.

History reveals that J. Edgar Hoover, the Federal Bureau of Investigation (FBI) director, had Dr. King on his "blacklist."

History reveals that Hoover tried to discredit Dr. King by calling him a public enemy and a sympathizer of persons like H. Rapp Brown, Huey P. Newton and the Black Panthers.

All totally untrue.

(See page 19)

Martin Luther King Jr.

(From page 18)

It was another sacrifice from Dr. King to his people and all the peoples.

YOUR RIGHTS AND MINE

I know we have made great strides in civil and human rights, in general.

Employment, education and economic aid to the underprivileged have dramatically changed in the last 20 years for Blacks.

In many cases, though, it seems Black men and women have had to try harder or be a bit better to be accepted, but I think we are on the road to equal employment opportunity and quality education for anyone who wants to learn and to work.

We owe much of this to Dr. King.

Like Dr. King, I am a friend to anyone who wants to be my friend. No one has to like me.

However, I wish all did; but for those who don't because of the color of my skin, I pity them.

If confronted by such a person, he/she still must respect me as an equal.

Dr. King said I should demand such respect; that is the right of all citizens.

I demand that respect and I try to give that respect to all people.

THE NEED FOR RECOGNITION

Dr. King changed the course of history for Blacks directly and the country indirectly.

Unfortunately, he is no longer with us in body. But with his birthday, Jan. 15, upon us and with Black History Month (February) nearing, I can feel his spirit.

We are also nearing the tragic date (April 4, 1968) that his life was taken from us.

He was the greatest civil and human rights leader the world ever knew.

Great leaders of this country, like Washington, Lincoln and explorer Columbus, are earmarked a special day every year so that we won't forget their accomplishments and sacrifices.

Labor Day, Thanksgiving Day and New Year's Day are traditionally earmarked a day each year on the calendar and no one lost a life for those holidays to be established.

I WILL NEVER FORGET HIM

I will never forget what Dr. King did for me, but for those who will forget and for our children, I think they need to be reminded who Dr. King was and when he was born.

As I try to do every year, I am going to the Minnesota State Capitol and be a part of the birthday festivities planned each year for Dr. King by the Twin Cities Black community and all over the country.

We will rally for Dr. King as he did for us. We want him enshrined in time, a time on the calendar.

I hope to have your support at this birthday party, too. White, Red, Yellow or Green.

Dr. King would have welcomed you to his party, so I just did it for him.

He would have wanted it that way. Togetherness and brotherhood.

As someone said, "The goodness that thou mayest do this day, do it...and delay it not till tomorrow."

That is how Dr. King lived and that is how we should live.

Martin Luther King Jr's Birthday



January 15th

Spirit Lake: volcano-made dam failing fast

by Nikki Ressler,
Office of the Chief of
Engineers

From "Engineer Update," Vol. 6, No. 11, November 1982; Office of the Chief of Engineers, Washington, D.C.

A few miles past the Corps of Engineers' Castle Rock resident office, Wash., they start--the Mount St. Helens souvenir shops.

They sell little cellophane bags of volcanic ash for \$2; T-shirts that say "Have a Blast, Ski Mount St. Helens"; and coffee mugs, ashtrays, guest towels and a hundred other things imprinted with the same dramatic volcanic view.

Outside the shops, sidewalk entrepreneurs hawk everything from hot dogs to helicopter rides.

The atmosphere is festive, almost carnival-like.

ALONG THE ROAD

A little farther up, the road is dotted with campers and vans pulled over to the shoulder so the tourists can pose for one another with The Mountain as a distant backdrop.

But a few bends in the road later, the towering evergreen forests suddenly drop away, taking with them the carnival atmosphere.

On the right side of the road stands the hollowed out ruin of Camp Baker, a prosperous Weyerhaeuser logging camp until that May morning in 1980 when The Mountain spewed destruction for the better part of 150 square miles.

THE RED ZONE

Even after more than two years, what follows Camp Baker on the road to Mount St. Helens can best be described as desolation.

Before long, the road closes to the general public.

Beyond that is the Red Zone, the restricted area that is still evacuated when The Mountain rumbles a little too hard these days.

The Red Zone, of course, is misnamed. It is really the Gray Zone.

Everything there is gray: the ash, the mud, the acres of dead timber--some of it still stubbornly standing.

It takes only one trip to Mount St. Helens to learn that the color of death is not black. It is gray.

SPIRIT LAKE

Spirit Lake is a 10-minute helicopter ride from the border of the Red Zone--or four hours by car on the one narrow, newly rebuilt road.

Once the scenic center of a popular resort, the lake is now the bleak site of another race against the clock by the Corps.

When Mount St. Helens erupted, the massive debris avalanche partially filled Spirit Lake.

The debris also blocked the lake's outlet to the north fork of the Toutle River, forming a natural dam.

"Scientists and engineers originally projected that the debris dam would hold back the waters of Spirit Lake for several years," said Mike Hay, chief of construction for Portland District's Mount St. Helen's area office.

"This summer, however, it became apparent that the dam was eroding at an alarming rate."

By August, many erosion channels were already 40 to 60 feet deep and new sinkholes were turning up almost daily.

THE PROBLEM OF EROSION

Analysis showed that, if the erosion continued throughout this coming winter, even an average annual snow and rain runoff into the lake would bring it eight feet over the effective dam height.

The resulting floods, experts estimated, could be worse than those caused by the volcano's original eruption.

"It was a risk no one could afford to take," said Hay.

On Aug. 19, President Reagan declared a state emergency and the Federal Emergency Management Agency asked the Corps to come up with two solutions--one interim and one long-term--to "stabilize" Spirit Lake.

The final solution is still on the drawing board.

But this month, just ahead of the winter snows on Mount St. Helens, the Corps is scheduled to put its interim solution--a barge-mounted pumping system--into action.

(See page 21)

Spirit Lake

(From page 20)

THE PUMPING SYSTEM

The pumping system is expected to pull 1,340 gallons of water per second out of the lake.

The \$3.7 million contract to Harder Mechanical Contractors Inc. of Portland, Ore., called for construction of a 40-by-160-foot barge with 20 pumps.

Two pipes connect the barge to a 3,400-foot pipeline across the debris dam.

A separate \$3.1 million contract for construction of the pipeline went to Elting Inc. of Clackamas, Ore.

The five-foot-diameter pipeline is covered with 15 feet of fill material to protect it from "future volcanic activity."

The pipe will carry the lake water across the debris barrier and into a stilling basin to slow its velocity.

From there the water will be routed into the Toutle River.

THE PUMPING CONTRACT

The pumping contract involves maintaining the pumps through July 1983, no small job considering that the Corps requires the pumps to be manned 24 hours a day.

That means at least two people have to live on the mountain all winter.

Why two?

"It's a safety precaution," said Virgil Goodpastor, chief of mechanical design at Portland District.

"If somebody was hurt out on that lake, he could never get down off the mountain by himself."

As it is Goodpastor said, getting off the mountain could be tricky business once the snow flies.

For that reason, the Corps requires the contractor to have an emergency means of evacuation in case snow closes the road and grounds the helicopters.

Or in case there is an eruption alert in the Red Zone.

That's not the trickiest part of the venture though, according to Bruce Rapacz, the district's chief of estimates and specifications.

"About 18 square miles of mountains drain into this lake," he said.

"The tricky part is going to come next spring when the runoff starts."

Is your house leaking energy?

From the "American Forces Press Service," No. 2103, Dec. 13, 1982; Department of Defense, Washington, D.C.

You can cut your winter heating bills by 10 to 25 percent by stopping the heat that may be literally leaking out of your home, according to the U.S. Department of Energy.

How? On a windy day, make a "draft detector" out of a piece of tissue paper and a coat hanger.

Clip a strip of tissue onto the bottom of the hanger with paper clips or clothespins.

Then hold it near the suspected leaks. If the paper moves, you have a leak.

Check carefully around doors, windows, pipes, wires and electrical outlets.

In the attic, check around the chimney and where pipes and ducts come into the attic. But don't block the air vents around the edge of the roof.

Check carefully where different materials meet, leak around the foundation seal--the materials can shrink causing a major air leak.

First, take care of the obvious things, like a broken window or a leaky fireplace damper.

You can take care of most other leaks with caulk, a caulking gun and a putty knife. Clean any loose paint or dirt from the area to be caulked with a chisel or a solvent.

Using the gun, run an even line of caulk around the windows, outside water faucets and where two materials join.

If the crack is large, you may have to use the putty knife to fill it in.

Then, weatherstrip around all the doors and movable parts of windows. Special weatherstripping is available for the threshold at the bottom of doors and for garage doors.

Special material is available also for stopping drafts coming from electrical outlets.

By following the above steps you will tighten up your house and your heating bill.

The Energy Department warns, however, it is possible to do such a good job tightening your home that condensation may form on the windows or the air may become stuffy.

In that case, they suggest you open a window slightly or use an exhaust fan to circulate and replace some of the air.

Got a minute?



Learn
how to protect
yourself.

PREVENTING PERSONAL ASSAULT

Although most crimes are against property rather than against people, a substantial number of crimes involve robbery, purse snatching or other forms of physical or sexual assault. In order to reduce your chances of becoming a victim of crimes against person, you must be cautious in your home, in your car and on the street.

What can you do to decrease your chances of being assaulted short of locking yourself in the house and not allowing anybody to enter? Several things that don't cost money that are effective and can be learned and practiced by everyone are available.

- First, when on the street, don't make yourself a target by dangling your purse from your wrist. A conspicuous display of cash, or a bulging wallet in your back pocket can also make you a target.
- If you do carry a purse, hold it tightly because if you are only holding onto it with one finger, the chances are a crook will be holding on to it with five fingers.
- While walking on the street, *be wise!* Stay out of high crime areas and stick to well-lighted and well-travelled parts of town. Avoid walking by doorways, shrubbery and any other dark places where someone might hide. Never carry a weapon. It can easily be turned against you. If you think you are being followed don't go directly home. Head towards the closest well-lighted area immediately and then try to

find a store or gas station which is open. Whenever you must walk outside at night, try to take a friend with you. Always act as if you know where you are going or maybe meeting someone. This may serve as a deterrent.

- While driving, keep doors locked and windows rolled up. Check your car for uninvited passengers before you get into it and always park it in well-lighted areas. Never pick up hitchhikers.
- If your car breaks down pull over to the side of the road. Put your hood up, turn on the flashers, and tie a cloth to the antenna. Then get in the car, lock the doors, roll up the windows, and turn the engine off. When someone stops, roll your window down just enough to ask them to phone for help.
- Most people lock their doors when they leave home, but it is just as important to lock them when you are at home. The best locks in the world won't do any good if they are not used. Install a peephole in your door and check the identity of all callers, including repairmen, deliverymen, or salespersons. Don't let strangers in to use the phone. Offer to make the call for them.
- Don't give out information over the phone. Do not give your name or address to any caller and never tell anybody you're home alone. Children and baby sitters should be instructed not to give out information either.
- If you live in an apartment house, don't go to the laundry room alone. If you are a woman list only your initial and your last name on the mail box and in the telephone directory.

For more information, contact your local police department or write: Crime Prevention Coalition, Box 6600, Rockville, MD 20850.

**TAKE A BITE OUT OF
CRIME**

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BIG PARTY ~ YOU ARE INVITED!
START HERE MOVE FORWARD
FIVE SPACES

the SOBERBOWL GAME

ASK A FRIEND ALONG;
MOVE UP 7 SPACES

TOO YOUNG TO BUY YOUR OWN,
SO YOU ASK SOMEONE OLDER TO
BUY BEER FOR YOU; MOVE
5 SPACES BACKWARDS

STOP FOR A
QUICK DRINK
TO LOOSEN UP;
YOU LOSE TWO
TURNS

PASS UP WINE FOR SOME
CELERY AND DIP. MOVE
AHEAD 10 SPACES.

YOU STUDY THE "DRINK-
O-METER" CHART AND
FIGURE OUT YOUR LIMIT
FOR THE NIGHT; MOVE UP
10 SPACES

YOU SPEND 1 HOUR
DANCING WITH YOUR
DATE; MOVE AHEAD
10 SPACES.

YOU "O.D." ON BEER
BECAUSE YOU LOSE
TRACK OF HOW MANY
YOU'VE HAD. LOSE 2 TURNS

DRINK FRUIT JUICES
WHILE PLAYING GAMES
FOR 1 HOUR. MOVE
AHEAD 6 SPACES.

YOU
PASS UP A
DRINKING GAME
MOVE FORWARD
8 SPACES.

YOU SPIKE YOUR
DATE'S DRINK TO
LOOSEN HER UP. MOVE
BACK 15 SPACES.

YOU JOIN A PLOT TO ADD
HARD LIQUOR TO THE PUNCH
BOWL. LOSE ONE TURN.

A PAL WHO DRINKS A LOT WANTS TO GO OUT
JOY-RIDING BUT YOU DECLINE. MOVE AHEAD
FOUR SPACES.

YOUR BEST FRIEND IS TOO DRUNK TO DRIVE
YOU PERSUADE HIM TO GIVE YOU
HIS KEYS 'TILL HE'S
SOBER. FORWARD
12 SPACES.

FINISH

PLEASE JOIN US !



RETIREMENT ROAST FOR ED ROSCOE

DATE: Friday evening, 28 January 1983

PLACE: Fox & Hounds, 35E at Larpenteur, St. Paul

TIME: 6:30 Social Hour, 7:30 Dinner

NOTE: Those of you wishing to participate in the "ROAST" as a speaker, please notify Mary Davis at 725-7533 or Rose Christoffersen 725-7527.

To make dinner reservations and/or contribute to a farewell gift please inclose a check and return this form, by 19 January 1983, to:

Mary Davis
 U.S. Army Corps of Engineers, (DC-FD)
 1427 U.S.P.O. & Custom House
 St. Paul, MN 55101

NAME _____ PHONE _____

I have inclosed a \$ _____ contribution toward a gift for Ed.

of reservations _____

Please indicate your choice of dinner(s) by filling in the number of orders for each dinner selection below:

<u># of orders</u>		<u>Price including tax & tip</u>
_____	Chicken Kiev with wild rice	\$ 9.55
_____	Sliced Roast Sirloin of Beef	\$ 8.35
_____	Prime Rib	\$13.15
_____	Seafood Kabob	\$ 9.55