

Face painting, team building and breaking bread together at the Awards Ceremony and Family Day, pages 4-5.



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St. Paul District

Crosscurrents

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Strategic Vision: Invest in People

Col. Kasprisin takes command on July 24

By CPT John Weidner

Colonel Kenneth S. Kasprisin, a project manager at the St. Paul District from July 1983 to May 1986, will become the 58th Commander and District Engineer of the St. Paul District in an official installation ceremony on July 24.

Prior to assuming command, he was a student at the United States Army War College located in Carlisle, Pa.

Col. Kasprisin was commissioned in 1975 as an Infantry officer upon graduation from the United States Military Academy at West Point. He holds a Bachelor of Science degree in Civil Engineering and a Master of Science degree in Structural Engineering from Carnegie-

Mellon University. His military education includes the Infantry Officer's Basic and Advanced Courses; the U.S. Air Command and Staff College; the U.S. Army War College; Jungle Warfare School; Airborne School, Ranger School; and Air Assault School.

He has served in a variety of Infantry and Engineer positions. As an Infantry officer, he served with the Seventh Infantry Division; First Battalion, 75th Infantry Regiment (Rangers); and the 24th Infantry Division. Engineer assignments include Chief of the Current Operations and Training Division, Alaska Command, Elmendorf Air Force Base, Alaska; commander of the 317th Engineer Battalion, Fort Benning, Georgia; Deputy District

Engineer for the Sacramento District; Battalion Operations Officer, 2nd Engineer Battalion, Korea; Professor of Civil Engineering at the United States Military Academy; and Project Manager, St. Paul District.

His awards and decorations include the Defense Meritorious Service Medal; the Meritorious Service Medal with three oak leaf clusters; the Army Commendation Medal with four oak leaf clusters; the Army Achievement Medal; the Parachutist Badge; the Air Assault Badge; the Expert Infantryman's Badge; and the Ranger tab.

Col. Kasprisin is married to the former Michelle Moeller. They have five children: Stephen, 15; Jennifer, 13; Jonathan, 7; Christine, 6; and Sean, 3.

Strategic Vision: Invest in People

Carpal Tunnel Syndrome explained

By Ron Scott, chief, Occupational and Safety Office

Carpal tunnel syndrome (CTS) is a disorder that affects either hand, or both hands at once, and the onset is usually gradual.

It is a disabling cumulative trauma disorder caused by damage to the median nerve that runs through the carpal tunnel of the wrist. The visibility given to CTS has increased recently in part due to more people spending more time at computer keyboards and clicking on mouse buttons. Let's examine this "new" ailment.

The carpal tunnel, a channel through the middle of the wrist, is comprised of the carpal bones on the bottom and a thick transverse carpal ligament on the top of the wrist. Nine tendons that control the fingers pass through the carpal tunnel, along with the median nerve. Pressure will build

up in this space if the tendons become inflamed or if the wrist is held in an awkward position.

The increased pressure can interrupt blood flow to the median nerve and over time, this restricted blood flow damages the nerve.

Initial symptoms usually occur in the first three fingers and the palm side of the thumb. Loss of sensation, motor weakness, dry skin, loss of coordination and atrophy are later symptoms.

Types of work associated with CTS include:

- Highly repetitive work;
- Bent wrist postures;
- Excessive force, especially in conjunction with highly repetitive work and poor wrist posture.
- Working in cold temperatures;
- Mechanical trauma (contact with sharp edges or other surfaces);
- Exposure to excessive vibration;
- Extended duration of effort (too much at one time).

Only a trained professional can complete an accurate diagnosis of

CTS and recommend treatment. Specific treatment will depend on the factors that caused the disease in the first place, as well as the stage of development.

Effective treatment must include identifying and eliminating the conditions that caused the problem, not just treating the symptoms.

Initial treatment may include oral anti-inflammatory medication, and steroid injections. Splints may be specified to hold the wrists in a neutral posture at night. During the day, splint use may or may not be specified.

When conservative treatment is not effective, the individual with CTS may require carpal tunnel surgery. This costly procedure involves cutting the transverse ligament on the underside of the wrist to relieve the pressure within the carpal tunnel. This surgery can result in reduced hand strength.

Regardless of the treatment method, if the person does not avoid the activities that initially caused the problem, a relapse will occur.

District's exhibit trailer present for Wisconsin's 150th birthday



Photo by Bryan Armbrust

The St. Paul District's exhibit trailer visited the Buffalo County celebration of the Wisconsin Sesquicentennial on June 6, 1998. An estimated 6,000 people attended the celebration at Merrick State Park, just north of Fountain City, Wis.

Cover photos

The top left photo shows Stephanie Dupey and her daughter, Heather, age 7. Stephanie was in charge of face painting at the awards event on June 19. Nearly 40 children had their faces painted. Volleyball, center photo, was one of the team-building games at the event. At right, Corps retirees Al Kraft (left) and Wayne Knott grilled hamburgers for the event. See District returns to Eau Galle for awards event, pages 4-5.

Strategic Vision: *Satisfy the Customer*

Lock and Dam No. 5 dedicated on June 2

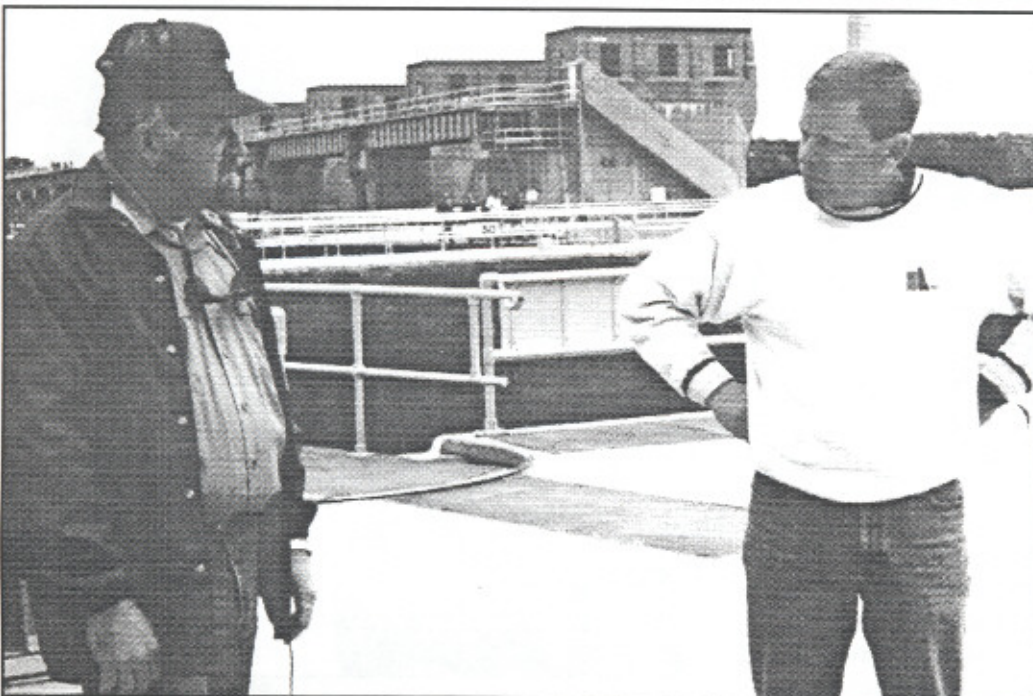


Photos by Peter Verstegen

At left is Mark Edlund, who is working out of the office of the Upper Area Lockmaster in Hastings. He was speaking to Frank Yule (center), retired lockmaster at Lock and Dam No. 2, and to Joe Dvorak, Upper Area Lockmaster. They were among nearly 100 people who attended the dedication ceremony on June 2 at Minnesota City, Minn.



From the left are Loma and Irvin Kerkenbush and Leo and Mary Leisen. Irvin Kerkenbush was the lockmaster at Lock and Dam No. 5 from 1962 to 1983. Leo Leisen retired from Lock and Dam No. 5 in 1982. Loma and Irvin Kerkenbush live in Winona. Leo and Mary Leisen live in Minneiska. The dedication ceremony marked the completion of a \$36 million major maintenance-major rehabilitation project which began in 1989.



At right is Eric Johnson, the construction representative for the major maintenance-major rehabilitation work at Lock and Dam No. 5. He is speaking with Fred Maule, head lock and dam operator at Lock and Dam No. 4 in Alma, Wis. Maule was one of two operators from Lock 4 who locked boats through during the ceremony. This support allowed operators from Lock and Dam No. 5 to attend the dedication ceremony.

Strategic Vision: *Build Team*

District returns to Eau Galle for awards event



Photo by Jon Lyman

Above, a small water balloon breaks in the hands of Michelle Welch, the daughter of John Welch, Information Management. The children's games began at 10 a.m. Engineer Day events began June 19 at 7 a.m. with a golf tournament.



Photo by Peter Verstegen

Allison Crump, above, gave her father, Tom Crump, the "Hi Five" sign each time she came around. Tom works in Project Management.



Photo by Anna Wetterling

Scott Thury, Theresa Thury's husband, takes his turn watching over Connor, Samantha and Zachary Thury. In the photo at right, Michael Watts and his wife, Julett Denton from Regulatory Branch, listen to award announcements coming from an adjacent tent.

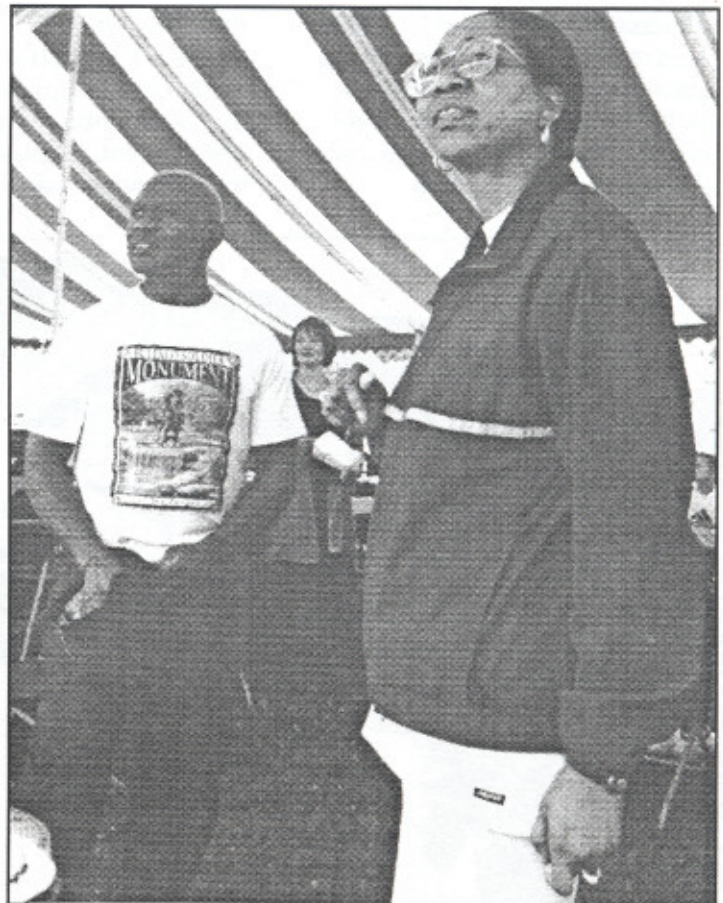


Photo by Peter Verstegen

At right, Michael Watts, a retired Army major, acted as the master of ceremony for the Cake Walk. He hands a cake to Andy Dupey, son of Stephanie Dupey in Regulatory Branch. Below are Doug Crum, Design Branch, and his son, Walt, who is one year and nine months old. Doug Crum is resting his leg after knee surgery.



Photo by Anna Wetterling

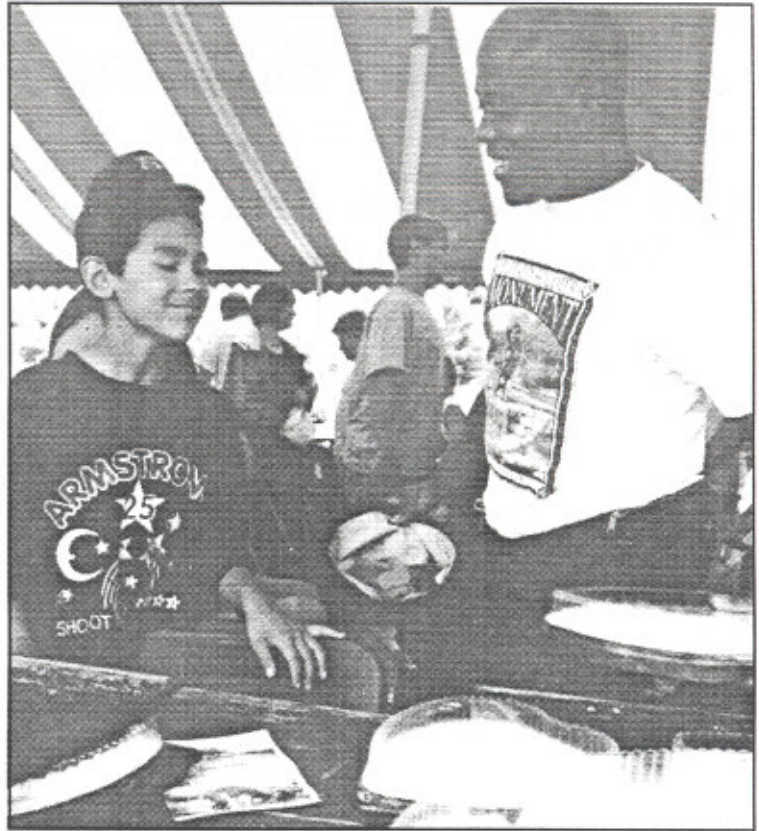


Photo by Peter Verstegen



Photo by Peter Verstegen

At the grill, left to right are: Ben Wopat, Regulatory Branch; Keith Hauger, and Dana Werner, Technical Support Branch. Hauger is the husband of Char Hauger in Regulatory.

Bits and Pieces

St. Paul Project team honored as Design Team of the Year

The St. Paul Flood Control Project Design Team has been selected as the Corps' Engineering Design Team of the Year. The award will be presented to team representatives at the Corps Senior Leaders Conference this August in Dallas, Texas. The awards will be presented by Lieutenant General Joe N. Ballard, commander of the Corps of Engineers, at the conference banquet and awards ceremony.

Dr. Joseph W. Westphal confirmed as ASA(CW)

On June 9, 1998, Dr. Joseph W. Westphal was confirmed by the Senate as Assistant Secretary of the Army (Civil Works) and his nomination was subsequently forwarded to the White House for signing by the President. Dr. Westphal will be sworn in soon and report for duty.

Contract awarded to raise Devils Lake levee

The St. Paul District awarded a construction contract for the raising and strengthening of the western half of the Devils Lake levee system to Park Construction

Company of Minneapolis, Minn.

The district awarded the \$7.8 million contract on Thursday, June 18, 1998. The contract calls for the expenditure during two construction seasons.

The construction company will raise about 3.5 miles of levee on the west side of the city to a top of levee elevation of 1452, including the widening of the base of the levee to accommodate an additional potential for raising the levee five feet higher.

The work consists primarily of placement and compaction of an earthen levee, the placement of rock on the lake side of the levee to protect the levee from wave induced erosion, and a pumping station to handle interior runoff.

This is the second of two contracts awarded for the raising of the Devils Lake levee system this summer.

Retirees' reunion set for Sept. 10

Retirees from the St. Paul District and others are gathering for the 23rd retirees' reunion on Thursday, Sept. 10, 1998. The reunion will be between 11:30 a.m. and 3:30 p.m. at the Kelly Inn in St. Paul. The food will be served at 1 p.m. The cost is \$13 for hot turkey or baked walleye or \$11.50 for chef salad. For more information, contact Jim Kursu at 224-0053 or Peggy Peterson at 486-0390. The Kelly Inn is located at 161 St. Anthony St.

Life lost at L&D 1

A recreational boater was killed at Lock and Dam No. 1 in Minneapolis on June 25 when the current carried his stalled boat over the top of the dam. The boater had earlier hit the safety cable upstream of the Ford Bridge at a reported high rate of speed. The cable apparently fouled his propeller, leaving the boat disabled and subject to the current.

Accident stalls river traffic at L&D 7

In another accident, 12 loaded barges broke loose from the towboat Arrowhead upstream of Lock and Dam No. 7 on July 3. Four barges came to rest in front of the gates of the dam. The other eight barges were captured by other towboats and secured. A local helper boat, the Barbara B., operated by Brennan Marine of La Crosse, managed to remove the barges from the dam one at a time. The mishap delayed river traffic for about six hours until the barges were safely removed at 10 p.m. A number of district people supported the barge removal operation, including the Lock and Dam No. 7 staff, Lower Area Lockmaster Terry Jessesky, Mississippi River Project manager Dean Peterson, and Bob Post, Dennis Cin and the Water Control staff, all in the district office.

The U.S. Coast Guard was also investigating the accident.

OPM.GOV presents options to assist retirement planning

The Office of Personnel Management (OPM) has opened a new website at http://www.opm.gov/fers_election/. The site provides information to government employees about their retirement choices for open season beginning July 1, 1998. OPM calls it a FERS Open Season. FERS is Federal Employees Retirement System.

The six-month-long open season offers employees now under CSRS an opportunity to switch retirement plans. FERS, CSRS, and CSRS (Offset) are among the plan choices. The site debuted May 15.

The site contains information about scheduled satellite broadcasts, a quick decision segment, the FERS Transfer Handbook On-line, a FERS transfer module, Frequently Asked Questions (FAQs), a glossary, employee resources, and a module for benefits personnel.

The website also offers pull-down menus for additional resources related to the open season.

Window opens for FERS, CSRS choices

"Robin Carruth is the main point of contact in HR for the FERS open season," said Linda Krueger, HR. The open season applies to employees currently covered by CSRS.

Krueger offered a few general comments about the FERS-CSRS open season. "It will run July 1 to December 31; decisions to switch to

Souris River Project dedicated in late May

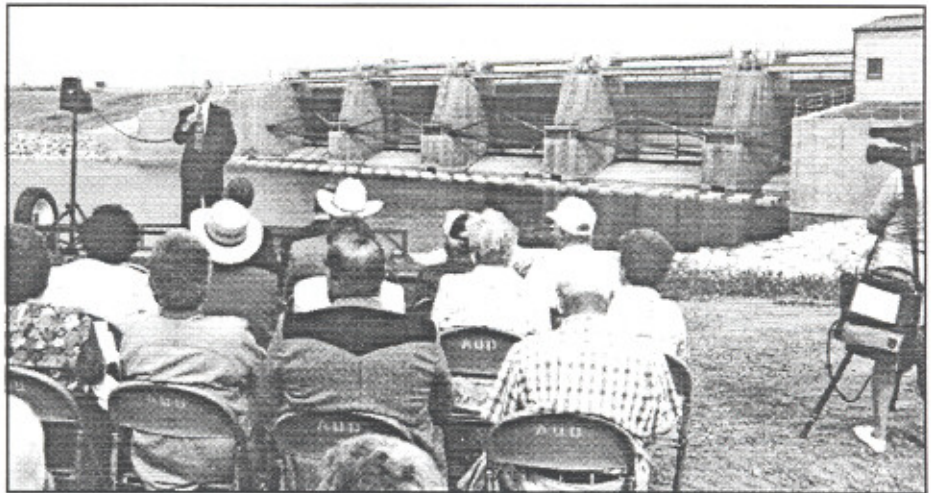


Photo by Ken Gardner

Bob Post (above), chief of Engineering and Planning Division, spoke during the May dedication of the Souris River Basin Flood Control Project in front of the Lake Darling Dam near Minot, ND. The \$118 million project provides flood protection for the City of Minot and other communities along the Souris River. The outlet control structure in the background was constructed as part of the project. An unusual feature of the Souris Project was the purchase of flood control storage at Alameda and Rafferty dams in Canada to provide flood protection in the U.S. The project also included modernization of several control structures in the two fish and wildlife refuges located along the river and flood-proofing a number of rural residences. The Souris Basin Project was an outgrowth of earlier efforts to provide flood protection for Minot by building a dam at Burlington, ND, or by raising the Lake Darling Dam. The project is part of a unique partnership with the U.S. Fish and Wildlife Service, which operates the refuge.

FERS will be effective when received and processed; the decisions are not reversible; and — most helpful — employees should access the information available on the internet and run their own 'numbers' to see if switching makes sense for their own personal situation.

"District employees will be notified of training opportunities by e-mail," Krueger said.

Carruth may be reached at 290-5487 or by e-mail. An alternate point of contact is Mary Street at 290-5492.

OPM site offers forms

OPM has a website that provides updated forms ready for downloading. The site address is: <http://www.opm.gov/forms/>. The site also offers hotlinks for other agency specific forms of government.

A sampling includes:

- Federal Employees (FE) Group Life Insurance forms;
- OPM forms;
- Optional forms (OF);
- Standard forms (SF).

Bits and Pieces 2

This thesis is for the birds

An MIT student spent an entire summer going to the Harvard football field every day wearing a black and white striped shirt, walking up and down the field for ten or fifteen minutes throwing birdseed all over the field, blowing a whistle and then walking off the field. At the end of the summer, it came time for the first Harvard home football game, the referee walked onto the field and blew the whistle, and the game had to be delayed for a half hour to wait for the birds to get off of the field. The guy wrote his thesis on this, and graduated.

— from *The Executive Speechwriter* as printed in *The Pacific Connection, Pacific Ocean Division, May 1998.*

How to reach the after-hours escort

"There is an after-hours escort service available from the building security officer stationed in the basement of the Army Corps of Engineers Centre," said David J. DePoint, chief of the Logistics Management Office.

"If the security officer is not at the security station, he can be paged at 538-4488," said DePoint. A pay telephone located on the skyway level can be used to contact the service.

The service hours are:

- Monday–Friday, 3 p.m. – 9 p.m.
- Saturday, 7 a.m. – 1 p.m.
- Sunday, 10 a.m. – 3 p.m.

The escort service is provided to all area parking garages.

Local tax exemption for official travel

Effective March 26, 1998, DoD personnel may use generic tax exemption forms for lodging accommodations when performing temporary duty (TDY). This authority was released by Ms. Linda Dobbs-Wilson, Per Diem, Travel and Transportation Allowance Committee.

The generic form does not negate the use of a locality specific form, when issued by the municipality visited. As always, acceptance of any tax exemption certificate depends on the lodging establishment.

Questions may be addressed to Theresa Thury in Logistics Management (LM) at 290-5224.

It is the responsibility of the traveler, prior to travel, to know the maximum per diem rates for lodging and meals and incidentals (M&I) allowed for their temporary duty location. (Per diem rates are on the Travelope provided by LM, or can be found on the Internet at <http://www.dtic.mil/perdiem/pdrates.html>).

When making lodging reservations, request a government room rate and ask for the total daily costs.

SATO is also available to assist in finding a hotel within per diem rates.



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Address all inquiries to:

Editor, *Crosscurrents*
U.S. Army Corps of Engineers
Army Corps of Engineers Centre
190 Fifth Street East
St. Paul, MN 55101-1638

District Engineer LTC William J. Breyfogle
Public Affairs Officer Kennon Gardner
Editor Peter Verstegen
e-mail: peter.e.verstegen@mvp02.usace.army.mil