Prairie Island Cleanup

...see pages 4-5

On May 18th, the St. Paul District kicked off its part of the Take Pride in America Program with the cleanup of an illegal dumpsite. The site was has long been used for discarded furniture, appliances and trash (left photo). Now that the area has been cleared, it will be reseeded and the reservation hopes to use it as a picnic site. Eau Galle Park Ranger Michelle Barney, Lonnie Earney, Fountain City Boat Yards and Ray Nelson, Natural Resource Management examine the results of the work that was done that day.
Commander's viewpoint

By Colonel Joseph Briggs

We have launched a three-part Employee Mobilization Awareness Program in the St. Paul District. As a result of this program, you are going to hear a lot about mobilization during the next three months.

We will kick-off the Awareness Program on Wednesday, July 8, when we conduct the first Employee Mobilization Awareness Drill ever held in the district office.

This two-hour exercise will give all district office employees an opportunity to meet with their mobilization supervisors. If you have any questions or concerns about your role in a mobilization, this will be the perfect opportunity to get those questions or concerns answered.

The Awareness Program is designed to ensure that all district employees know what their mobilization assignments are and what they will be doing if we mobilize. The program is also designed to increase the awareness of mobilization among Corps families. If we mobilize, families will be affected. Because of this they need to be involved. They need to be aware of our mission, activities, and how mobilization will affect them.

The second phase of our Awareness Program will help take care of this need. After the drill on July 8, all district office employees and their families will be invited to attend a voluntary family mobilization workshop. Six family workshops are scheduled for late July. Additional workshops may be scheduled at a later date if there is sufficient demand.

Most of our families know very little about our mobilization responsibilities. These workshops provide an excellent opportunity to get them involved in this part of the Corps mission. I strongly encourage employees and their families in the Twin Cities metro area to attend one of the family workshops. Your husbands and wives need to be aware and involved.

One of the family workshops will be videotaped and an edited 30-minute summary will be mandatory viewing for all employees who did not attend one of the family workshops. The videotape will be available in popular home VCR formats so that employees who didn't attend a family workshop can show it to their families.

The final phase of the Awareness Program will be an opportunity for every employee participating in the Awareness Program to indicate whether or not they and their families would go to a Corps shelter if a nuclear attack was expected. The shelter survey will be conducted by mail after employees have attended a family workshop or viewed the videotape.

At the present time, the Awareness Program is aimed only at district employees working in the Twin Cities metro area since they would realize most of the disruption during a mobilization. However, our plans call for extending the program to the rest of the district in the future.

We have put a significant amount of time, effort and resources into the Mobilization Awareness Program. We hope that this effort will help bridge the gap that often exists between written plans and the people who have to implement those plans.

Mobilization is a Corps mission and we all need to treat Mobilization as a critical part of our jobs. The Mobilization Awareness Program is a step in the right direction. But only the attitudes and the efforts of our individual employees will determine if we are successful in this task.

I urge every employee to take full advantage of the opportunity afforded by the Awareness Program to become as knowledgeable as possible on our mobilization mission and your role in it.

Cleanup programs don't have to involve heavy equipment, days of preparation or be on a scale as large as Prairie Island. Cub Scouts of Pack 76 from McGregor, Minn., proved that on April 29th when they had a litter cleanup drive at Sandy Lake. Park Ranger and Den Leader Kenton R. Dean (above) and Assistant Den Leader Paula Henderson worked with the scouts to pick up litter from the north grounds and along the shores of the lake and river. Don Daly, Sandy Lake Park Manager donated the food for the cookout that followed the cleanup and ranger Terry Laed, Brian Watson and Steve Hewitt helped out during the drive and the evening activities. All of the scouts that took part in the campaign received Junior Ranger Certificates.
The tragedy of Alzheimer's Disease

By Evelyn D. Harris Armed Forces Information Service

Alzheimer's is perhaps one of cruellest diseases there is—because it involves the loss of what is most precious to us—our minds and our memories.

"To have your golden years turn to crap is a sharp stick in the eye. To spend your golden years babysitting your spouse who is incompetent and whose mind is gone is also a sharp stick in the eye," said Army Col. (Dr.) Carl H. Gunderson. "I have an aunt with Alzheimer's disease," he added. "She spends the day screaming. That for me, is Alzheimer's disease."

Gunderson has more than a personal interest in the disease. Alzheimer's is a neurological disorder, and Gunderson is chief neurologist at Walter Reed Army Medical Center in Washington, D.C. He treats a number of Alzheimer's patients and teaches students about the disease as a professor at the Uniformed Services University of the Health Sciences in nearby Bethesda, Md.

Alzheimer's (pronounced ALTZ-herrs) disease is a little known, but surprisingly common, disorder that affects the brain. It was named after Alois Alzheimer, the German neurologist who discovered the tangled filaments in the brain called neurofibrillary tangles that are characteristic of the disease. Gunderson said these tangles "look like blue spaghetti in blue spaghetti that cause a lot of problems."

In addition to the tangles, Alzheimer's victims' brain have groups of degenerated nerve endings called "plagues." The more plagues and tangles a person has, the greater the disturbance in intellectual function and memory.

At one time experts believed Alzheimer's occurred most often in persons under age 65, but now they know the reverse is true. The danger for Alzheimer's begins at about 50 for most people and increases with age. According to Gunderson, one out of six retired military people will get it, and "the older you are, the more likely you are to get it."

Gunderson said Alzheimer's is the cause of about 60 percent of the cases of true senility. Because it is age-related, Alzheimer's can cause particular problems for the military. "Although not many active duty soldiers get it, those that do are likely to be in sensitive positions—high level officer or seniors non-coms," Gunderson explained.

That is why correct diagnosis is so important. "Obviously we can't afford to have a mentally impaired general," said Gunderson. "But on the other hand, if someone who has given a lot a service to the country is capable of more, is impaired as a result of a treatable problem, we don't want to retire him."

Diagnosis starts with tests to rule out physical problems, such as anemia and stroke. Anemia can cause mental impairment that can be reversed by taking iron. Hi-tech tests such as brain scans are also used. But currently, said Gunderson, psychological testing is "the gold standard" for Alzheimer's diagnosis. Interestingly, some of the most sensitive psychological tests for Alzheimer's were developed during treatment of Vietnam veterans with head injuries.

Recently, Alzheimer's has been in the news because scientists have uncovered more evidence for a genetic factor in the disease. Persons with Alzheimer's disease have been found to have a marker on the same chromosome that is linked to Down's Syndrome, a type of mental retardation. People at the age of 35 with Down's syndrome often develop something like Alzheimer's. Those who develop Alzheimer's between the ages of 50 and 65 tend to be above average in intelligence.

Attention now being focused on the disease encourages Gunderson, because it makes it more likely that scientists will discover its cause and a possible cure. He believes that some day medical specialists may be able to test an infant for susceptibility to Alzheimer's disease, just as they can now test for other problems.

Discouraged but still hopeful for a cure, a recent conference indicated the disease may be linked to abnormalities in blood protein. Said Gunderson, "It's much easier to get to the blood to try to cure a disease than it is to get to the brain. So this research is very encouraging."

Alzheimer's disease starts with minor forgetfulness that can be easily written off as due to fatigue or stress. Gradually, though, the person becomes more forgetful, particularly about recent events. Not only facts, but processes are forgotten. They may forget to turn off the oven or take a long time to complete a previously routine task. One wife noticed that herusually neat husband had begun leaving a collection of naps in the car. It turned out he remembered how to start the car, but had forgotten how to use the windshield defroster.

Judgment, concentration, orientation and speech can also be affected. As the disease progresses, many Alzheimer's sufferers become irritable, restless and agitated, sometimes to the point where they become violent. For example, a retired officer was driving along the highway at 55 mph when his wife began pummeling him. "I'm driving with one hand and holding her back with the other," he recalled to a reporter for a national magazine. "A man in a van next to us almost crashed. I'm sure he thought I was beating her."

People with severe Alzheimer's disease become totally incapable of caring for themselves. It is estimated that more than $40 billion a year is spent on caring for Alzheimer's disease victims in nursing homes and at home.

Scientists are not yet sure what causes Alzheimer's disease, although there is strong evidence for a genetic factor. Viral infections and biochemical and, most recently, blood-protein abnormalities are also believed to play a role. The theory that aluminum—drinking from aluminum cans, cooking in aluminum pots, using deodorants with aluminum—causes Alzheimer's is less in favor with researcher today said Army Col. (Dr.) Carl H. Gunderson, chief neurologist at Walter Reed Army Medical Center. Alzheimer's victims do have more aluminum in their brains than the average person, but this is now thought to be caused by the disease.

While there is no cure for the disease now, Alzheimer's patients need medical care from a neurologist, psychiatrist or family physician who can consult with a neurologist to manage symptoms. The military medical system, CHAMPUS and good civilian insurance policies cover the medical care needed. Patients and their families also need to be taught techniques to help them cope. The Alzheimer's Disease and Related Disorders Association sponsors support groups for patients and their families.

In advanced stages of the disease, full-time custodial care is usually necessary. Unfortunately, nursing-home care is costly and is not covered by CHAMPUS, Medicare or most insurance policies. However, it often tax deductible as a medical expense.

Perhaps the insurance situation may change as Alzheimer's becomes more common. Currently, between 2.5 million and 4 million Americans have the condition. (The reason for the wide ranging estimate is that many sufferers never get a formal diagnosis because of the extreme expense of diagnosing Alzheimer's.) But since age increases the risk of getting the disease, Gunderson and other experts predict a great increase in Alzheimer's patients as the percentage of older people in the population increases.
Dick Otto (left) from the Mississippi River Project Office, Suzanne Gaines and Ray Nelson visited the dumpsite several weeks before the cleanup to inspect the area and discuss plans. Approximately 200 volunteer hours of work and planning went into the effort.

Volunteers join in “Take Pride in America” cleanup effort

Volunteers from the Red Wing area gathered on May 18th for a major cleanup program near the Prairie Island Indian Reservation. The focus of the cleanup was a two-acre piece of Corps-managed land near the reservation that has been used as an unauthorized dumpsite for decades.

The cleanup was sponsored by the Reservation and the St. Paul District. The purpose of the project was to emphasize the Take Pride in America campaign which encourages private citizens and groups to take an active part in the stewardship of the nation’s public lands.

The Prairie Island site was acquired by the Corps more than 50 years ago as part of the lands required for the lock and dam system on the Mississippi River. The site has been used for years as an unauthorized disposal site for discarded furniture, appliances and trash.

Several local and state organizations were involved in the cleanup. They included Yale Cottage, a part of the State Training School at Red Wing, members of the Prairie Island Indian Reservation, the Corps of Engineers and personnel from Goodhue County and the State of Minnesota. McDonalds Restaurant and the Coca Cola Bottling
Company from the City of Red Wing helped with refreshments for the volunteers. The City of Red Wing donated dumping space in the city landfill for debris removed from the Prairie Island site.

The group of volunteers assembled at 9 a.m. on the 18th. Norma Malinowski and Ray Nelson from Natural Resources Management and Joe Campbell from the Tribal Council gave the opening remarks and explained the project’s purpose. Suzanne Gaines, Economics Social Recreation Branch, was also involved as the tribal coordinator.

“The volunteers worked in teams picking up the larger debris which was then loaded on a truck and hauled to the Red Wing landfill,” Ray explained. “After they finished clearing the large items, heavy equipment operators dug a trench and buried the smaller debris. The site will be reseeded in the near future.”

When the project is completed, it is estimated that $1,500-2,000 worth of volunteer labor, material and supplies will have been used. Approximately 200 volunteer hours of work and planning and more than $500 worth of equipment were donated in the effort.

The “Take Pride in America” campaign was launched by President Reagan in his 1986 State of the Union message. The Prairie Island cleanup was held as part of the first Take Pride in America Awareness Week (May 17-23).

Above, Joe Campbell, Prairie Island Tribal Council, donated his tractor and many hours of his time for the cleanup project. Several members of the reservation also volunteered their time.

Below, using a Corps bulldozer, Lonnie Earney dug a trench that was used to bury the smaller trash and debris from the site. The area will eventually be reseeded.

Photos by William Hutchinson
On April 17, a dog tried to swim across the pool above the Chippewa Tainter Gate Dam at the Lac qui Parle project. The current brought the dog up against and under the tainter gate. The undercurrent made it impossible for the dog to swim out, so he crawled up in the backside of the gate. Park Manager Curtis Hanson (front) and maintenance worker Wayne Gustafson rescued the dog by boat and return it to his owner.

Questions in search of answers

There are many unanswered questions in the world and a good share of them result in telephone calls to find the answers.

The Public Affairs Office gets its share of phone calls and questions, especially since it is listed under “general information” in the phone book.

—We get calls daily from people trying to reach every government organization but ours (and offices the name of which the caller can’t remember except that it is on a corner in St. Paul, but they don’t know what street. They’re really not sure what the office does, maybe immigration or irrigation, but they have to have the number.)

—Other calls are equally specific, such as calls for Jim or John. “No, I don’t know his last name; no, I don’t know what he does or what floor he’s on, I think he’s in a corner office down by the General; just read off the last names and I’ll tell you who I’m looking for—well, let me talk to Mary then. No, I don’t know her last name, etc., etc.” (By the way, we never did find out what Jim, John or Mary he was looking for but it wasn’t from lack of trying.)

—Some calls are very specific but defy logical answers. A caller wanted to know why Fort Snelling was sending communications through her body and she calls periodically to ask why they are still doing it. I’m not sure if it is painful for her, but agreed that it was a terrible thing and suggested she talk to her doctor about the problem.

Although these are not typical calls, they tend to make life more challenging (or frustrating) when they occur. Sometimes it is difficult to be patient with some callers, but telephone courtesy is an integral part of Customer Care, which in turn should be an integral part of your job. The following are some tips on telephone courtesy:

—It can be irritating to get telephone calls and questions that aren’t for you. Resist the temptation to tell the caller that they called the wrong office and that you can’t help them. It takes only a few seconds to look up the number they really need.

—Some callers can be unreasonable in their requests, but most have questions that can be answered easily, by us or by referring them to the proper agency. If you’ve looked at the phone book lately under the government listings, you can see why people get confused and start grasping for straws (which means calling any government number, being bounced from one agency to another, hoping they can talk to someone who knows what number they should be calling.) Even government employees have trouble deciphering some of the listings.

—Another problem area is phone messages. If you receive a phone message and it will take some time to gather the requested information, call the person and let them know that you got their message. Tell them that you will get the information to them as soon as possible and that you will call them back.

—If you take a message for John Doe, make sure that John receives it as soon as possible. If John is out of the office or is in a meeting, get back to the caller, let them know that John Doe is not in and that you have left the message on his desk (preferably in a prominent spot where it won’t be overlooked.) Give the caller John Doe’s direct number, if possible, and yours and ask him to call back if he has not received an answer within a reasonable length of time.

Answering phone messages can be bothersome, but imagine yourself on the other end of that message, waiting for a return call. The caller deserves just as much courtesy and prompt response as someone who has just walked into the door.

The moral of this story? Customer care takes many forms—including telephone courtesy. Make that extra effort. A telephone call normally only takes a few minutes and a prompt, courteous response can leave a lasting positive impression. Just remember, someday it could be you trying to find the number of some unknown office and hoping that someone will help you find it.
Crew of the Dredge Thompson receive key to city

By Rose Braatz

Construction Operations

"We’re just so totally satisfied with the cooperation that the Corps has shown us that we want it know they’re welcome here anytime," Mayor Bill Wallese of Lansing, Iowa said when he presented the "key to the city" to Vern Gunderson and the crew of the Dredge William A. Thompson.

The Thompson had just finished a three-week dredging job at Lansing, pumping almost 92,000 yards of sand onto a seven-acre lowland at the south end of the city to build it up for construction of volleyball and tennis courts, and park area. Several years ago, dredge material placed by the Thompson was used to fill in an adjacent area that is now a ball field.

According to Attorney Gus Kernodt, who donated many hours doing the paperwork involved with the project, "A lagoon is being formed at the southeast end of the complex, for wildlife and recreational benefits. It will be part of a green belt surrounding the project, with nature trails and ice skating rink."

"It’s been a dream of people here for years to have this sports complex, a place where people could get together for healthy fun," Shirley Darling, a member of the Lansing Park Board said. "People have donated money, time and labor, and we all really appreciate the help the Corps has given us. It was a mutually beneficial effort."

Dan Krumholz, Mississippi River Dredging Coordinator, added "We were looking for a good spot to deposit some dredged material because our historical site was filling up. And Lansing let it be known that they were in need of some fill. It was a perfect example of beneficial use, and the city was most cooperative with us in preparing the way."

The job was facilitated by the addition of a second booster pump to the Thompson’s flotilla that made it possible to increase pumping distance to 9,000 feet, the longest reach yet attempted.

Marty Brennan, another park board member, described how the idea of a “key to the city” developed. "We were not only pleased with the way the job was handled, with utmost consideration for our needs, but also with the friendly and conscientious manner of the Corps people in our town. We wanted to tell Vern and his crew that we would be happy to accommodate them any time."

The gold-painted, wooden, foot-long key was presented by Council Member Bob Brandt, who actively supported the sports complex project. As the Thompson was mobilizing to pull out on May 5 for the Fountain City Service Base, Bob handed the key to Captain Gunderson at the site of the sport complex expansion.

"Vern’s a very busy person," Bob commented, "so we didn’t try to hold him back with a lot of speeches. We just wanted to say thanks, and welcome back again."

Captain Vern Gunderson (left) from the Dredge Thompson, received the key to the City of Lansing, Iowa on May 5th. Council Member Bob Brandt presented the key in appreciation for the dredging job that the Thompson crew and had just completed in the area.

Why three branches of government?

The men who gathered in Philadelphia in the summer of 1787 weren't there to write a new Constitution. They gathered to amend the Articles of Confederation. But what these 55 men did almost 200 years ago lives today. Our constitution has the distinction of being the oldest written instrument of national government in history.

Writing such a document did not come easily, of course. There were many bitter disagreements over virtually every portion of the new Constitution. Having just fought a war to establish that they would not be ruled by London, the last thing most Americans wanted in 1787 was central government. And yet, only four days after the Convention convened, the idea of a strong national government was presented.

While James Madison wrote most of the proposal, Governor Edmund Randolph of Virginia, because of his position, presented the "Virginia" plan to the Constitutional Convention. The idea was staggering in its scope, especially when one considers the mood of the nation at the time of presentation.

Governor Randolph’s plan called for the establishment of a central government with three branches: the executive, the legislative and the judiciary. The plan called for a two-house legislative branch, with the executive chosen by the legislature. Governor Randolph himself called the new concept "a more energetic government."

What some of his colleagues called it is probably best left unprinted here. Suffice it to say that there was considerable surprise when Randolph announced the plan. That surprise quickly gave way to, in some cases, outright opposition to Randolph’s plan for a national government. Such a government was not possible under the Articles of Con-

federation which had the new nation since independence. States with small populations were convinced they would be swallowed up by the likes of Virginia or Pennsylvania, the most populous states at the time, since population would be used to determine representation in the legislature.

Of course there were revisions to the "Virginia" plan. But inconcept of separation of powers, with a chief executive (President), a two-house legislature (Congress) and an independent judiciary (Supreme Court) remained as a foundation. The concept of each state recognizing laws, records and debts of other states, and the law making powers not delegated to Congress being reserved for the states were unique, and vastly improved relations between the states and the national government.
Around the district

By Ken Gradner Public Affairs

There is a lot going on these days in the St. Paul District.

The Dredge William A. Thompson was 30 years old in June. To mark this occasion, the Thompson will participate in two community celebrations along the river during July. On July 4, Vern Gunderson and the crew of the Thompson will open up the dredge to the public during a stop in Winona. Then, on the 10th, the dredge will take part in St. Paul's River Front Days and again be open for tours by the public.

It is rare that the Thompson can take the time away from its ongoing task of keeping the Nine Foot Channel a 9-foot channel. It is nice that these stops could be arranged so that the people served by the Thompson and its crew get an opportunity to see the dredge first hand.

A little later in July (July 15-18, to be exact), the district will have a display at the national Izaak Walton League convention being held in St. Paul. The display depicts the wide variety of Corps activities along the upper Mississippi River and features a 20-foot wide map of the river from Ia Su to Lock and Dam 10. This display was also used at the Minnesota State Fair last year.

The theme of this year’s convention is the Mississippi River and the display fits right in with that theme. It will also be showing the nine-minute movie of the river which shows the Mississippi from its beginning at LaSalle to the Gulf of Mexico. The movie was made by the Corps for showing at the 1984 World Exposition in New Orleans and was also shown at the State Fair.

July is also the month that we kick off the Mobilization Awareness Program. That starts on the 8th with the Employee Awareness Drill in the district office. Then between July 21 and 25, the district will conduct six mobilization workshops around the metro area for district office employees and their families. These workshops are designed to increase mobilization awareness among family members and to involve families in planning for mobilization.

Now for some people news. We have some losses, a retiree who also is a Loss, a 25th anniversary trip, and a new doctor in the house.

John Kittelson, a biologist in Environmental Branch, is leaving the district and the Corps for a new job as a statistician at the University of Arizona in Tucson. Frank Romano, an attorney in the Office of Counsel, left the district on June 20 for a job in the private sector.

The returning Loss, of course, is Dave Loss, Project Management Branch in Engineering, who has returned to St. Paul after long-term training at Oklahoma State University.

If you seek out advice from the district’s newest doctor, his response might be “take two aspirins and call me in the morning.” But that would be OK since Dr. John Anfinson is the district historian in Environmental Branch. Dr. John earned his PhD in history in early June.

Finally, the 25th anniversary of the Peace Corps in June saw Chief of Construction Branch Dave Parsons travel to the Democratic Republic of Congo for a reunion of Peace Corps workers. And that’s what is happening around the district this month.

Employees recognized for length-of-service

THIRTY-FIVE YEARS OF SERVICE
Diamond, Irvin C.; Jambois, Duane C.

THIRTY YEARS OF SERVICE
Brown, Robert B.; Brown, Stanley W.; Lynch, Dale D.; O'Brien, Ronald L.; Ryan, John E.; Simms, James V.; Viestenz, Wallace E.; Walinski, Joseph J.; Whartman, Robert L.

TWENTY-FIVE YEARS OF SERVICE

TWENTY YEARS OF SERVICE

FIFTEEN YEARS OF SERVICE

TEN YEARS OF SERVICE
Benkowski, Paul H.; Berwick, David E.; Boe, Keith A.; Boller, Richard I.; Dohmen, Gerald A.; Duffney, Patrick W.; Eggers, Gregory W.; Esper, Robert W.; Fell, Timothy J.; Fix, Michael R.; Frankosky, Greg M.; Graham, Janice H.; Jacks, Richard A.; Kovach, Anthony V. Jr.; Marquardt, James R.; Marig, Richard D.; Mena, John A. Jr.; Moser, Clark E.; Nelson, Ray N.; Odegard, Steven D.; Pallas, Albert J.; Rieske, Kevin L.; Roberge, Charles E.; Robertson, David A.; Sackett, Elizabeth J.; Shortridge, Melissa M.; Sprague, Donald L.; Street, Mary E.; Wright, Michael T.; Zahalka, John D.

Corps Calendar

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<td>Jul 8</td>
<td>MOB. Awareness - multiple locations</td>
<td>Susanne Gaines/ Dave DePoint/ext. 5883</td>
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<tr>
<td>Jul 21-25</td>
<td>MOB. Household Mfgs.</td>
<td>Suzanne Gaines/ Dave DePoint/ext. 5883</td>
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Retirees announce annual luncheon

The 12th Annual Reunion of Corps Employees Past and Present will be held September 16, 1987. The reunion will be in the new Prom Expo Center at 190 North Smith Ave. which is behind the Quality Inn at the old Seven Corners in St. Paul. The full notice and reservation form will be included with the August issue of Crosscurrents