It was the end of a long, warm day in August...

Printers were printing, telephones were ringing, managers were... managing. All of a sudden, just like in "The Day The Earth Stood Still" (still one of the great sci-fi classics of the 50's), our world, the world contained within the confines of 180 East Kellogg, stopped. It became very quiet, and very dark, and, progressively very, very warm.

In every office, in every cubicle, folks raised their bent heads, half delighted, half frustrated at the unexpected work stoppage. "Well, I guess I can't finish that 51 page report today... tooooooo bad.... and we have to postpone my performance appraisal, too? well, now I really am disappointed..."

After a brief period of uncertainty, employees got the word that this was it, go home, no more work today. The outcry of grief at this news was... underwhelming. Reeboks were grabbed, drawers loudly shut, doors slammed closed with that ring of finality normally reserved for 4:31. Soon, the halls were resounding only with the footsteps of those whose wrap-up tasks took a few extra seconds. The sounds of footsteps faded away.

On the 11th floor, in the faintly darkened hallway, Steve Adamski waited and wondered what his next move should be. He couldn't join the throngs of federal employees now happily headed home on metro highways and bus lines. He couldn't even return to his office on the 15th floor. Suddenly, he heard a new set of footsteps. The body connected to them came around a corner and the shape of Deputy Commander Mike Mahoney materialized. Steve seized the moment.

"Is this a good time to talk about the handicap evacuation plan?"

The Deputy, on duty in the district less than a month, laughed, and agreed...and so they stood in the deserted hallway, and discussed the problem... the problem of how do you get out of a building, when the elevators don't work and you can't manage the stairs. Because Steve, along with other members of the work force, has a mobility impairment that requires the use of a wheelchair, and that day it impaired him in a completely different, disturbing and possibly dangerous way. Story continued on Page Four.
Public Presentations

Steve Egggers (CO-R) spoke at the Bell Museum of Natural History on March 3, on "Examples of Wetland Mitigation in the Section 404 Permit Program". Steve's presentation was part of a daylong seminar entitled Minnesota Marshes-Our Wetland Treasures, sponsored by several conservation groups, the MnDNR and the University of Minnesota.

Marianne Price (EEO) made a presentation to the Ramsey County Opportunities Industrialization Center's student body on "Working for the Federal Government" and "How to Apply For Federal Clerical Vacancies."

Frank Star (PD-ES) spoke at the Natural Resource Conference of the Bureau of Indian Affairs on the Corps master planning and operational management planning process for recreation sites.

Colonel Baldwin (DE) spoke to Governor Perlich's Emergency Management Conference on the Corps' supportive role to local and state agencies during natural emergencies.

Several District employees gave presentations at the national navigation conference in St. Louis last month, among them Colonel Baldwin (DE), Dan Krumholz (CO-M) and Dennis Erickson (PD-PO). Topics included the opening of navigation season, channel maintenance, lock and dam rehabilitation and the Environmental Management Program.

Dave Salberg, manager of White Rock Dam, has been appointed to the Traverse County Environmental Advisory Council, as a member of the public, not an agency representative. The council has been established to oversee implementation of the county's new water plan, developed by the Northwest Minnesota Comprehensive Local Water Planning Task Force.

The St. Paul District's Annual Awards Ceremony/picnic will be held on Friday, June 22 at the Afton State Park in Afton, Minnesota. District employees will be able to get a discounted daily pass into the park, where the committee has planned a truly full day of fun and food. It sounds like a good time. More details in future issues.

Jean Schriever of Upper St. Anthony Falls lock and dam is still on LWOP after being injured in a serious car accident in February of 1989. To donate annual leave to Jean, please call Vicki Demo at x490. Thanks!

Barb LaPierre at Lake Ashiabula reports that Canada geese believed to have been part of a two year relocation effort have returned and are pairing up! More than 80 geese have been released in the last two years, in cooperation with the North Dakota Game and Fish Department. LaPierre, park ranger in wildlife management, observed 23 banded geese during the last week of March, believed to be only the precursors of many more to come.

Suggestions! Get your red-hot suggestions (ready)!

Can you think of where improvements could be made in the way we operate? Do you have a great idea, just waiting to spring forward and bring you laurels and honors and maybe a little money? If so, it's your lucky day, because the new St. Paul District Army Suggestion Campaign is about to begin!

Now you may ask "What about that brilliant idea that I suggested two years ago? I never heard anything back!" Well, the folks in Management Analysis Branch (RM-M) thought of that; hence, the first item on the agenda was to take care of the massive backlog of old suggestions. Forty old suggestions have been processed, some with monetary rewards of over $200.

The next step was to design the new program. A Suggestion Review Committee was established, whose task will be to assist in resolving complex cases, review and recommend cash awards over $1,000 to the District Commander and provide program guidance in problem areas.

The committee will also assist in the selection of three new awards: Suggester of the Year, Evaluator of the Year, and Implementer of the Year, designed to provide extra incentive to not only seriously look for adoptable suggestions, but properly evaluate and implement them as well.

As extra incentive for your participation at the start of the campaign this May, all eligible suggestions submitted between May 1-31 will be rewarded with a thank-you gift. (All efforts on the part of the editor to discover exactly what this "gift" is, failed) A suggestion may become "eligible" when it not only presents a problem or situation that should be resolved, but proposes a solution as well. Mere complaints need not apply!

Read the new Army Suggestion Program regulation for details.

Use the ole' DA Form 104 to make your suggestion and send it to RM-M. The form is the only thing old about this program, so give it your best shot and at least go after the mysterious thank you gift, if not cold hard cash. Good luck!
Family Tax Return

Under certain conditions, parents will be able to include their child's income on their 1989 income tax returns and not file a separate return for the child. A child's income may be claimed on the parent's 1989 federal tax return if the child is under age 14 on Jan. 1, 1990, had income only from interest and dividends (including Alaska Permanent Fund dividends) and the gross amount was more than $500 and less than $5,000, made no estimated tax payments, and no one else made any such payments in the child's name and Social Security number, did not apply an overpayment from his or her 1988 federal tax return to the 1989 return, and had no federal income tax withheld from his or her interest or dividends.

In addition, the parents must meet certain requirements. If the parents are married to each other, they either must file a joint return or claim the child's income on the married filing separately return of the parent with the higher income. If unmarried, widowed or divorced, the parent must have had custody of the child for most of the year. If remarried, the custodial parent may claim the child's income either on a joint return with the current spouse or on the married filing separately return with the higher income of the custodial parent or current spouse.

Parents may elect to claim a child's interest and dividend income on their returns by completing Form 8814, "Parent's Election to Report Child's Interest and Dividends," and attaching the form to their federal income tax returns.

See additional information in Internal Revenue Service Publication 929, Tax Rules for Children and Dependents, available free by calling (800) 424-3376.

IRAs Save Today

Working persons interested in tax-deferred savings and a likely tax deduction may want to start or continue an Individual Retirement Arrangement.

All IRA earnings are tax-deferred. That means no tax has to be paid on earned interest or gains until the funds are withdrawn. If you meet the eligibility requirements, you may be able to realize significant tax savings by deducting the annual maximum $2,000 IRA contribution on your tax return.

Generally, you can claim the maximum deduction if neither you nor your spouse is an active participant in an employer-maintained retirement plan. The amount of your adjusted gross income is not a factor here. If either of you actively participates in an employer-maintained retirement plan, the full IRA deduction can be claimed only if your adjusted gross income is less than $40,000 for married couples filing jointly or $25,000 for singles. The allowable IRA deduction begins to phase out at those income levels and disappears altogether at $50,000 for couples filing jointly and $35,000 for singles. You can still make non-deductible contributions to make up the difference between the amount deductible and $2,000.

In recent years, spouses of employed taxpayers have been able to have IRA accounts even if they receive no compensation. Additional information is available in IRS Publication 590, Individual Retirement Arrangements. You can get it free by using the order form in your tax package or by calling toll-free (800) 424-3376.

Home Interest Limits

A home mortgage secured by a taxpayer's main or second home and taken out on or before Oct. 13, 1987, is acquisition debt, and the loan interest is fully deductible. The Internal Revenue Service reminds taxpayers, however, there are limits on interest deductions for mortgages taken out after Oct. 13, 1987.

A mortgage taken out after Oct. 13, 1987, secured by a taxpayer's main or second home and used to buy, build or substantially improve that home is also considered an acquisition debt. Interest is fully deductible on loans of up to $1 million for couples filing jointly and singles and $500,000 for married filing separately.

A loan secured by a main or second home is home equity debt if used for purposes other than buying, building or substantially improving that home. Interest is deductible on loans of up to $100,000 for couples filing jointly and singles or $50,000 for married filing separately.

The interest is not deductible at all if the loan was used to make investments resulting in tax-free income.

More detailed information is available in IRS Publication 545, Interest Expense. Call toll-free (800) 424-3376 for a free copy.

Need More Time to File?

Automatic four-month extensions for taxpayers may be available to those filing Form 1040 or 1040A.

To get the automatic extension, file Form 4868, "Application for Automatic Extension of Time to File U.S. Individual Income Tax Return." Forward it to the appropriate Internal Revenue Service processing center by April 16, 1990.

An extension of time to file is not an extension of time to pay. After estimating their taxes for the year, individuals must remit the payments due along with Form 4868. Underestimating the amount owed results in paying interest on the unpaid amount. If that amount is more than 10 percent of taxes owed, IRS officials also assess a penalty.

Individuals filing Form 1040EZ or asking the IRS to compute their taxes are not eligible for automatic extensions. IRS rules do not permit extensions to individuals under a court order to file by the regular due date.

Call toll-free (800) 424-3376 or use the order form in tax packages to receive IRS Form 4868.
District moves forward in "caring for our people"

Steve eventually did make it home that day, when the power was restored, but the incident prompted him to initiate further discussions about the situation. A sort of self-appointed "task force" formed, comprised of interested and potentially affected individuals. The evacuation plan in effect at the time stated that mobility impaired personnel were expected to remain in the building until emergency response teams arrived to evacuate them. The district itself had no capability of evacuating these individuals in an extreme emergency, except to physically carry them down the stairs. This put both the impaired person and the person assigned to carry them at great risk. A lack of sufficient evacuation equipment and training were identified as major problem areas. Following a demonstration of the types of evacuation equipment available and consultation with the Executive Office and Emergency Management, the "task force" recommended and received approval on the following:

- The purchase of 14 "Evacu-Trac" evacuation chairs; six of these are assigned to specific individuals, with the other eight as spares, one per floor. The spares will be stored in security containers in the center stairwell. Others are stored at the employee's work area. These manually operated chairs require the assistance of a second person and only go down stairs. These changes will permit the district to evacuate its own personnel without relying on outside emergency services.

- Each supervisor of a mobility impaired employee will prepare an individual emergency evacuation plan that will name those individuals who will be trained to assist each person, including backups. With the addition of hand-held radios assigned to each floor to communicate with the Emergency Management or Logistics offices during an emergency, information on whether a fire alarm is real or not, should come more quickly. (See Is it real or isn't it? Crosscurrents, February 1990).

- It is basically the responsibility of supervisors to ensure that a mobility impaired employee is evacuated.

- Mobility impaired individuals will evacuate using the middle stairwell. *Dave Christiansen (EM) responded to questions about this issue, on the next page.

The Emergency Management Office has prepared a new regulation covering evacuation procedures for district employees in the event of enemy attack, tornado, fire, riots and bomb threats (No.1-1-1). The new regulation includes procedures for evacuating employees with mobility impairments. As with any new plan, there are still a number of questions and issues to be resolved. But it's a start and it's progress and it's taking the initiative in the important task of taking care of our people.

Photos

Above Colonel Baldwin and Steve Adarmi observe a wheelchair attached to an evacuation device going through its paces, down an end stairwell.

Left Liz Sackett cheerfully demonstrates the new Evacu-Trac chairs for employee evacuation. Velcro straps help keep the individual safely in the chair, while it is guided down the stairs by helpers. Their low maintenance cost, requiring no batteries and light weight factored in their selection.

By Joan Guilfoyle, Public Affairs
From previous page:
Issues related to center stairwell evacuations

1. Would evacuees going down the stairs interfere with firefighters going up?
No, the firefighters will be using the elevators to gain access. They also check each floor to see if any individual needs assistance. By using the center stairwell, even if the individual remains at the landing, the firefighters will have a better idea of where people who need assistance are located.

2. How long will the emergency lights last?
The Post Office is installing new emergency lights in the stairwells. The new lights are rated at 3 hours. The Post Office also has a portable system of lights that can be installed in the stairwells.

3. Several post office floors have stairwell doors that are locked from the inside?
In the center stairwell, only the doors on the 2nd floor are locked preventing any exit from the stairwell. During a fire emergency, the Post Office Fire Brigade will be stationed at all post office entrances to insure the doors are kept open.

4. How will the employees using the center stairwell be notified of a false alarm or fire blocking passage below?
The Post Office Fire Brigade will be located at the entrances to the stairwells. Postal Maintenance personnel will also be using the center stairwell to move between floors. If there is a false alarm, they will go immediately to the lobby to notify people and then proceed to the upper floors. If there is a fire in the center stairwell, individuals should exit the stairwell and evacuate using the end stairwells.

5. Should mobility impaired people respond to any alarm by using the Evacu-trac equipment?
Since there is no way to determine if the alarm is false, when the alarm sounds, all personnel should evacuate in accordance with the evacuation plan. The decision to use the evacuation equipment should be based upon the circumstances, and threat to the individual. The evacuation equipment is intended as a last resort measure, where there is an immediate threat, and the mobility impaired individual MUST evacuate. That decision must be made at the time of the evacuation, and be made by the mobility impaired individual and those people assigned to assist. Where there is no immediate threat, the mobility impaired individual, and those assigned to assist, should move to the landing in the center stairwell (the evacuation equipment should be moved there also).

6. Are there enough Evacu-tracs for those who may have temporary mobility impairments? Who are their helpers? How would they locate a chair?
Evacuation equipment will be provided to each mobility impaired individual who will locate the chair in his/her office. Additional equipment will be installed near the center stairwell - one per COE floor. Each supervisor of a mobility impaired individual, or an employee with a temporary mobility impairment, is responsible for evacuating that individual. An evacuation plan must be developed for each individual. This plan should also identify the individuals who will assist the mobility impaired person during an evacuation. If an individual has a temporary impairment, the ‘helper’ will get the additional equipment from the center stairwell area.

7. Would the center stairwell itself act like a smokestack, drawing heat and smoke and fire up through the building?
The center stairwell is fire rated, as are the end stairwells. However, if there is a fire or thick smoke in the center stairwell, the individuals should evacuate using the end stairwells.

On Friday, March 23 at approximately 11:20 a.m., a two alarm fire was reported in the Pulaski Building, which houses Corps headquarters in Washington, D.C.

More than 125 firefighters responded to the blaze which caused extensive damage to offices on the fifth floor and spread smoke and soot throughout the building. The heaviest damage was located in the southwest corner of the building, where several fifth floor offices were completely destroyed. There was also some structural damage in the immediate vicinity of the fire. The total cost to the government is estimated at $14.8 million, said Col. Al. Genetti, HQUSACE chief of staff. He added that this cost does not include lost time expenses, totalling about $250,000 per day.

According to the report issued by the District of Columbia Fire Department, the fire was started by electrical wiring above the ceiling on the fifth floor.

Though no employees were injured in the fire, Jewel Graves, an employee in communications and operations section of Information Management, had some respiratory problems after she was out of the building. She was treated at the hospital and released.

The firefighters who made the initial response found heavy smoke throughout the corridor in the area of the fire and called in additional help, according to Don Pittenger, chief of safety engineering for HQUSACE. The firefighters broke out the windows in the area of the fire to clear the smoke, allowing them to see what they were doing.

“The actual fire damage was contained in the southwest corner of the 5th floor, but smoke and soot was carried to other areas of the floor and building by the ventilation system,” Pittenger said.

“There was a very orderly evacuation of the building. People were serious about getting out. The personal effects they left behind attest to that. Though there was some initial confusion because the fire alarm rang only briefly, our people reacted quickly.”

“Because of the amount of smoke in the building, we might have had some FIRE continued on Page Six
A message from Colonel Baldwin

Developing the savings habit on our own is hard work. But with a little help, we can all save more, and do it easily. We offer that help here through the Payroll Savings Plan for U.S. Savings Bonds.

There have always been many good reasons to buy Bonds through Payroll Savings — convenience, a competitive return, safety; and now there’s another good reason. If you buy Bonds and use them to help pay for your own or your child’s higher education, your interest can be completely tax free if you meet certain qualifications. Interest on U.S. Savings Bonds has always been free from state and local income taxes and now may be free from Federal tax as well. This new benefit is explained in the brochure you will be receiving with your other campaign materials.

I urge you to become familiar with the many features and benefits of Savings Bonds. The more you know about Bonds, the more you will agree with me that Savings Bonds are a great way to save, whatever your financial goals. Join the Payroll Savings Plan if you are not already a member. If you are, increase your rate of saving. You will be traveling down the "Main Street of the American Dream" toward making your own dreams a reality.

Our Savings Bonds campaign will be held 1 May - 31 May, 1990. When one of your fellow employees calls on you, take the time to consider what U.S. Savings Bonds can do for you. You’ll find that a decision to join the Payroll Savings Plan is smarter than ever.
Earth Day 1990

GREEN PLEDGE

Because our planet today faces severe environmental crises such as global warming, rain forest devastation, growing world population, and water and air pollution . . .

Because the planet's future depends on the commitment of every nation, as well as every individual . . .

I pledge to do my share in saving the planet by letting my concern for the environment shape how I . . .

Act
I pledge to do my utmost to recycle, conserve energy, save water, use efficient transportation, and try to adopt a lifestyle as if every day were Earth Day.

Purchase
I pledge to buy and use those products least harmful to the environment. Moreover, I will do business with corporations that promote global environmental responsibility.

Vote
I pledge to vote and support those candidates who demonstrate an abiding concern for the environment.

Support
I pledge to support the passage of local, state and federal laws and international treaties that protect the environment.

APRIL 22, 1990 EARTH DAY

Your signature __________________________ Date __________________________

EARTH DAY 1990 • P.O. BOX 10329 • MINNEAPOLIS, MN 55458-3329 • 612-627-4049

Let Earth Day know that you have joined thousands of others in taking the Green Pledge!

☐ I took the pledge!

Name __________________________
Address __________________________
City, State, Zip __________________________
Home Phone __________________________ Work Phone __________________________
I'm a student: ☐ Elementary ☐ High School ☐ College
☐ I want to volunteer my time for Earth Day.
A legal way to hunt deer in the northern forest in April

By John Zahalka
Leech Lake Manager

Ask a hundred deer hunters why they didn't bag their buck last fall and you'll probably get a hundred different excuses. However, one of the main reasons why hunters return home with empty tags is rarely mentioned. This problem can be rectified by some diligent APRIL DEER "HUNTING."

Hunting seasons open early in the fall, when foliage in the northern forests is so dense that accurate scouting is almost impossible. As autumn continues, many hunters tend to spend the majority of their time pursuing other species, not scouting for "deer sign". Although this gets a hunter into the woods, it is not an effective scouting technique. Then a week or two before deer firearm season begins, stands are constructed by groups of anxious hunters in the same areas they've been located in for years. Opening day finds a confident hunter patiently waiting in a incredibly disturbed area that shortly before has been saturated with human scent. The season closes, the snow flies and whitetails are forgotten until the next hunting season.

April deer "hunting" is accomplished with the aid of a compass, some good maps and a lot of hard leg work, not a firearm or archery equipment. As the snow melts, last fall's sign miraculously appears exactly as it looked the previous year. Foliage is practically non-existent and the hunter can get a better feel for the lay of the land in the vast northern forests where bucks tend to have hundreds more acres of cover than in good farm country. With the use of good maps and by following well used game trails, patterns of movement will begin to appear. Rub and scrape lines will indicate trails used by bucks and will usually lead from bedding areas to feeding areas. Although most scrapes are made at night well before peak breeding occurs, enough time afield may lead the hunter to an area saturated with scrapes and rubs, a primary breeding area! These areas, if not seriously disturbed, are usually used year after year. Learn these areas well and look for faint side trails. These are the trails generally used by large bucks as they scent check the scrapes in search of receptive does.

Now paths can be cleared for portable stands or permanent stands constructed in locations downwind from good trails or scrapes. Two or three stands per site may be required to use winds to the hunter's advantage during the season. The hunter has learned the area so well now that stand locations can be spot checked several times prior to the season using the shortest access that doesn't cross major trails. Be sure to wear clean clothes, high rubber boots and gloves every time to reduce human scent. Now the hunter can patiently wait in a stand built months before hunting season that will not alarm deer, knowing where each trail comes from and where it leads, in an area almost void of human scent, near active scrapes downwind from faint buck trails. Throw in a few properly used deer scents, some rattling horns, an authentic doe or grunt call, some good camouflage and you have a recipe for success.

Although more effective for bowhunters due to sheer numbers of hunters in the woods during firearms season, a month of April deer "hunting" in the northern forests will definitely give you the edge and may very well put that buck on your meat pole year after year!
Wild turkeys strut their stuff at Lake Ashtabula once again

Hunters of North Dakota, take heart! There may soon be a new area where, with enough camouflage paint on face, hands and shotgun, you can stalk the wild turkey. In cooperation with the North Dakota State Fish and Game Department and Barnes County Wildlife Club, Corps staff at Lake Ashtabula have captured, transported and released upwards of 35 wild turkeys at several lake sites, in the hopes of establishing breeding populations. There have been no wild turkeys, hence no turkey hunting season, at Lake Ashtabula for years.

In the early morning hours of January 10th, state biologists spread corn bait over a large area of private land where a flock of 120 wild turkeys were known to frequent. After a patient wait, the capture team was rewarded with a flock of about 40 entering the area. The pre-set cannon net was then discharged, flinging the netting over the unsuspecting gobblers. The birds were then sexed, banded, crated and transported about 20 miles to release sites at Lake Ashtabula.

Two release sites were chosen in shelterbelt areas, where leafing, nesting, roosting and escape cover was available, as well as a year round water supply. The Wildlife Club provided a 40-bushel wildlife feeder filled with sunflower seeds to one area near the main dam, where 13 hens (female birds) and toms were released. It is hoped that these turkeys will breed young in the spring and make their home along the Sheyenne River valley, as they become established in the area.

Another group of 26 birds was released in Baldhill Creek Wildlife Management Area, a 410 acre site which could support a large flock of birds. The Corps provided a 80-bushel feeder to supplement the birds’ winter food supply. Subsequent observations in this area have shown that approximately 20 birds have established their 1-4 mile home range, with the fate of the other 6 unknown. It is possible that a second flock developed or that the birds fell subject to predation. A fox was sighted in this area.

The best news is that the toms have been seen “strutting” for the hens, where their aqua green head, red comb and fanning of feathers are a sure sign of spring and a pretty sure sign of mating! If this keeps up, the prospect of turkey hunting seasons at Lake Ashtabula remains a distinct possibility for future generations of hunters.

Photos
Above left A just released wild turkey quickly takes flight over the snow-covered fields of Lake Ashtabula.

Above Mike Johnson of the North Dakota Game and Fish Department and Perry Kapaun of the Barnes County Wildlife Club remove the crated turkeys from the pick-up truck, just prior to release.

Below One turkey manages to stick its head out between the crate slats to check out its new surroundings.
Mississippi River Facts

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<td>9805</td>
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<td>Date Navigation Season Opened at L/D 10</td>
<td>7 Mar</td>
<td>13 Mar</td>
<td>12 Mar</td>
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Note: Flows are shown in cubic feet per second and reflect discharges from Corps dams, not unregulated river flows. This data is intended to show general trends and comparisons only.

Robins aren't the only sign of spring

Navigation season comes to St. Paul with the Scarlet Knight
By Ken Gardner, Public Affairs

Navigation season in the St. Paul District opened at 8 p.m. on March 7 when the M/V Scarlet Knight locked through Lock 10 at Guttenberg, Iowa. She was headed north for McGregor, Iowa, with 12 empty barges.

The routine opening of navigation season became a life-and-death drama seven hours later at 3 a.m. on March 8 when the towboat Jessie Flowers experienced a fire above its engine room. At the time of the fire, the towboat was in pool 10 above Guttenberg heading for Prairie du Chien, Wis. The fire killed one crew member and gutted the second and third decks.

The towboats Scarlet Knight and Golden Cup assisted the crippled towboat into McGregor.

After a dramatic start, the remainder of navigation season opening was routine. Barges and towboats were moving on the river in along the southern end of the district while the ice at Lake Pepin blocked shipping to Minneapolis and St. Paul until after mid-month.

Several tows headed downriver from Lake Pepin, waiting for the ice to go out or for another towboat to act as icebreaker.

That challenge was taken up by the M/V Even T., which reached Pepin on Saturday morning, March 17. Twenty-four hours later, at 10:40 a.m. on March 18, the Even T. passed through Lock 2, signaling the opening of commercial navigation season in the Twin Cities.

The Even T. is no stranger to early arrival in St. Paul, having been the first towboat into St. Paul in 1988 (March 21). Interestingly, the second towboat into St. Paul this year, the M/V Conti Nan, opened the season last year when she arrived on March 31.

Navigation season in the St. Paul District will continue until around Thanksgiving or the first of December.

A water safety tip......

A fisherman fell from his small, flat bass boat into 51° Fahrenheit water and drowned. He was dressed in bulky clothing and was not wearing a life preserver. Even though he had flotation cushions in the boat and he was a better-than-average swimmer, he could not reach a cushion after falling into the water. Witnesses were not able to reach him in time to save him. His bulky clothing and cold water combined to take his life.

The U.S. Coast Guard has identified Sudden Drowning Syndrome (SDS) as the cause in three out of four fatal boat-related drownings. This means that most people falling off or accidentally thrown from boats disappear within 5 minutes of entering the water. When the water is cold, seconds can be critical. At 50°F, even good swimmers can go only about seven-tenths of a mile before their muscles become too tight to function.

People who find themselves suddenly dumped into cold water must remember one thing: Don't panic.

To conserve your heat and energy supply, relax and float on your back. Or, if you are wearing a life preserver, roll into a head-out-of-the-water fetal position, cross ankles, draw knees to chest, cross arms over chest and don't move. Practice this maneuver in a shallow pool before depending on it to save your life in an emergency. Better yet, do all you can to prevent falling into the water unexpectedly. Be careful when moving about; keep gear organized and out of the way; keep the motor in good condition. Spare clothes wouldn't be a bad idea, either.