



**US Army Corps
of Engineers**
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"





On the Cover: Wallisville, an area with more eco-tourism potential than many other places within the Corps recreation system, starts construction on a new park near Cove, Texas. The park is being built and will be managed by Chambers County. The scene above shows cypress trees and Spanish moss alongside the river.

Volume 19 Number 8

The Sand Castle

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The Sand Castle

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*A newsletter for and by
the employees of the
Galveston District*

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COMMANDER'S COLUMN

I can't believe it's been a year since I assumed the responsibility of command for the Galveston Engineer District. What a year it has been. During this year the world around us has changed significantly. When I first arrived we were all recovering from tropical storm Allison: a tropical storm damaging 73,000 properties, flooded 95,000 automobiles, 22 people losing their lives in the communities we support. Compaq and Continental Airlines laid employees off. Enron started to crumble and the employees of many of these bankrupt companies lost their 401 K plans and retirement plans. The stock market was well into its 3rd year of the collapse of the tech bubble and individual lost billions of investment dollars.



Col. Leonard D. Waterworth

If all that was not enough, we lost over 3000 civilian lives on September 11th when mass terrorism invaded our shores. (For reference we lost less service members during Pearl Harbor at the onset of World War II). We now find ourselves in the war against terrorism.

I found a district actively engaged in meeting the needs of national infrastructure and sustaining an environmental balance. As I walked in the door, our operational tempo was starting to increase. We conducted a public meeting on a permit application for a container facility where 4000 citizens attended. We started negotiations with Native American tribes and scientist on the appropriate disposition of the largest collection of Paleo-Indian remains west of the Mississippi. We've processed over 300 permit applications a month, passed thousands of barges through our locks, the HSC has progressed on time, new projects are appearing in our books.

Team Galveston has done a great job. With a great job comes a greater challenge, the challenges of meeting the infrastructure requirements on the Texas coastline. When I first arrived I thought we were under staffed and it was only through the efforts of hard working employees that we met our schedules, our promises to our customers. Since then we have grown from around 364 to 411. We are still stressed in many different offices and I believe we still need to add staff. We have also been successful in getting funding for the requirements in our district. We finished up the execution of the 2001 budget of \$189 million, and now a year later we are finishing up the execution of the 2002 budget of \$194 million, but what is exciting is based on what we see in the budget today. We think that we will execute over \$250 million next year in FY 03. Since I have been here, Herb(Maurer) and I have worked hard to inform anyone who would listen of all the requirements that have not been satisfied along the coast. We have also informed everyone that the Galveston District has done a great job executing the national resources given us. With the potential big jump in our budget I think they believe us.

So, as market conditions crumble and people lose their jobs outside the Corps of Engineers, your efforts are being recognized. Your hard work to meet the national infrastructure needs along the Texas Coast line is supporting national economic prosperity with an environmental balance. Like I said, we help develop a great place to work and a great place to live.

As an example of your hard work let me share a few examples of individual efforts:

- Ralph Rubalcaba and his work with INS.
- Rhonda Brown named as Landscape Architect of the Year.
- Paula Wise as new FWP head bringing in new programs.
- Eric Proctor's work in improving the Jadwin Building.
- Gloria Brunt for her diligence on budget for the A&A staff (note; since she is located in the executive office I am personally aware of her dedication.)

- There are so many of you who do outstanding work to make up Team Galveston if I listed them all, it would take up all the room in the Sand Castle! These are only a few of the thousands of accomplishments that I could talk about. My bottom line here is that you are doing a great job, you are being recognized for your contributions to the team, and through your efforts our future looks bright.

Congressman Lampson visits the Galveston District

On August 13, 2002 Congressman Nick Lampson (D-9-TX) met with officials from the Galveston District of the US Army Corps of Engineers to discuss projects and activities in the 9th congressional district. Col. Len Waterworth, Maj. Joe Hanus, Herbie Maurer, Arthur Janecka, and a congressional aide all attended the lunch with the congressmam to discuss the status of projects, studies, regulatory issues, and other items of



Col. Waterworth and Congressman Nick Lampson visit in the executive conference room.

interest. The informal meeting was held at the request of Rep. Lampson, who would like to continue the meetings on a quarterly basis. The meeting lasted about one hour and resulted in an excellent exchange of information.

Federal and state agencies working together

A joint workshop, sponsored by the Federal Highway Administration, Texas Department of Transportation: Environmental Affairs Division

(Austin, Texas), and the US Army Corps of Engineers, Galveston District, was held on August 13-14, 2002. The purpose of the workshop was to educate the



Janet Thomas-Botello, Regulatory, begins the workshop.

Texas Department of Transportation personnel on the regulatory program, with special emphasis on the type of information required to make wetland delineation and permit application submittals complete for processing upon receipt. Approximately 150 people were in attendance from the Federal Highway Administration, Texas Department of Transportation - Yoakum, Houston, and Beaumont Districts, and the US Army Corps of Engineers, Galveston District. The workshop is the first of two, with the second to be held in Corpus Christi, Texas.

Galveston District spends a day at Astroworld

It was a fun day for Galveston District as workers and their families enjoyed the pleasures of Astroworld.

Shown in the party mood are Major Joseph Hanus, who organized the outing, and his daughter, Anna. Says Major Hanus, “OK, so you decide who looks more scared. . . me or my three year old daughter!”



Co-op student Samantha Tompkins says goodbye to Galveston District and hello to the “Sunshine” State

Samantha Tompkins PE-RE left the SWG Corps family to join the Jacksonville District in Florida. She took a position in the Enforcement section of the Regulatory Division where she will primarily be investigating violations. There are a few reasons for her transfer, “I, eventually (in the near future), want to go to graduate school in Florida. It’s an excellent way for me to continue to do the job I enjoy so much here, while meeting new people, getting new perspectives, and learning more about the nation’s water and resource management issues,” Tompkins said. “I think very highly of SWG and am a bit sad to be leaving. However, thanks to all the training, help, and guidance from Regulatory, I feel very well prepared to take on the challenges of my new position.”

The regulatory office threw a bon-voyage party at Mario’s for Sam, where she received numerous gifts and farewell wishes.



Samantha Tompkins and Alicia Rea smile for the camera at Sam’s going away party at Mario’s.

“I hate to see her go, “Lloyd Saunders, Chief of Planning Division said. “She has been a real asset to us; however, I wish her all the best at Jacksonville, I know she will do fine.”



Training is tough . . .

Seaborne ChalleNGe Corps: An investment in the future

by Patrick Curphey

Approximately 400 people applied: 230 made it to the final selection. Then, after interviews and written essays were completed, only those with the most motivation and the most potential were accepted. This may sound like the grueling process to join the next cast of the CBS hit reality-series "Survivor", but it's not. This is the process that young men and woman undergo to get their lives back on track with the help of the Seaborne ChalleNGe Corps.

Many people have the wrong idea about what the Seaborne program is. "There's a lot of misconceptions about the program being a boot camp for non-performers," said Col. Wes

Bridgwater, executive director of the Seaborne ChalleNGe Corps. "These kids needed somewhere to go where they could apply themselves." That is what the Seaborne program allows them to do.

The program is a 22-week long military style program with a focus on education. The program is voluntary, students sign themselves up and can leave if they want. To qualify for the program, the students must be between 16 and 18 years old. The students cannot have been in serious trouble with the law. The program is for students who are deemed at high risk of not completing high school for various reasons - mainly because they aren't meeting their academic potential or they are having truancy problems. "We want students who will be able to succeed academically," Bridgwater said about the candidates for the program.

The goal of the program is GED certification. The average student enters the program with an 8th grade reading and math level. "This program is intense," Bridgwater said. "Making up four grade levels in 22 weeks is very academically challenging."

The students in the program complete academic work from 8:00 AM to 3:30 PM. However, their day starts much earlier than this. Wake up is at 5:00 AM and physical training starts at 5:15 AM. There are chores to be done until breakfast and then it is time for class. Life skills training starts when school ends. This includes classes on financial management, career planning, and anger management. Dinner starts at 5:00 PM and is followed by intramurals. Lights are out and the cadets are in bed by 9:00 PM.

The intense academic environment is coupled with lots of service to the community. One day during the school week, the platoons rotate and take turns working various service jobs. They volunteer at places like a hospital ward at UTMB, the juvenile division of the Court House, the Red Cross, or the Woman's Shelter. Another good volunteer opportunity for the cadets is the after school program at Bolivar Elementary School, where the cadets run a tutoring service for the elementary school students. Saturday is also a day for community service but the work is more labor intensive. The cadets complete jobs like building

bulkheads, or work for the city at special events like Mardi Gras and Dickens on the Strand. Each student leaves the program with 300 hours of community service. This volunteer work entitles them to a \$1,000 educational stipend.

While the Seaborne program is not the average high school experience, in many ways the program functions just like any other school does. The cadets elect a student council. They have yearbook and prom committees just like any other school. They also have a food service committee that meets with the director of food services at Texas A&M Galveston to plan menus and address other issues concerning the cafeteria.

Leadership training is a big part of life as a Seaborne cadet. Student leaders are assigned for two weeks at a time to serve as squad leaders. The most promising are assigned to the task of platoon sergeant.

The amount of work and dedication that the program demands is not for everyone. "The loss of privacy and the lack of communication with their contemporaries back home are probably the hardest parts of adjusting to life as a cadet in the Seaborne program," Bridgwater said. The students are allowed one phone call a week and as many letters as they want. However, these are their only sources of communications with those they left behind upon joining the program. Bridgwater attributes much of the success of the program to this fact. "The magic of this program and its high success rate is probably the lack of communication with their contemporaries back home." Although the cadets come from all walks of life, from the best families in Texas to straight off the streets, they were all in environments where something was holding them back from meeting their potential. "Once you take them out of that environment and let them be themselves, they turn out to be really good kids." Bridgwater said. The success rates for the program are extraordinarily high for the motivated students who stick with the program.

The overall retention rate for Seaborne is 80%. When the program ends 81% have started their post secondary education, joined the military, or entered the workforce. Bridgwater recalled a particularly remarkable success story belonging to a young lady who graduated from the program in December of 2001. She had grown up in communal living before running away at the age of 15. With nowhere else to go she ended up homeless and living on the streets. success in the program earned her a \$10,000 scholarship from Merrill Lynch, and \$40,000 from Prairie View A&M, where she now attends college. This is just one of the many success stories that have come out of the Seaborne program.

The current class entered the Seaborne ChalleNGe Corps in June. They came to Galveston from all over the State of Texas, 24 congressional



and the work can be hard. . .

Why Participate?



An opportunity to succeed
Learn life coping skills
Attain GED and Seaborne ChalleNGe Corps Diploma
Qualify for a \$1000.00 Education Award
Receive career development and assessment
Prepare for military, employment, or college
Gain an introduction to potential employers at job fairs
Significant accomplishment in completing a tough recognized program
Eligible to earn Presidential Physical Fitness Awards
Sense of responsibility, self-discipline, and belonging

districts in all are represented in this year's class. The graduates from the program are followed for 12 months after they leave the program. Each student is assigned a mentor in their hometown who they report to once a month. If needed, the graduates may receive a call from a mentor coordinator. Bridgwater described the mentor coordinators as Grandmas who can be very loving or very tough depending on the situation. The mentor program assures that the graduates are not on their own when they return home from the program.

While in the program, the students call a remodeled U.S. Army Corps of Engineers warehouse home. The Corps donated the warehouse to the Seaborne program in 1999. The renovations were made possible by private donations and by money from the Department of Defense. Local contractors, familiar with the Seaborne program, did all the work on the building, even going that extra mile to see that everything got done. "The contractors did more than they were paid to do" Bridgwater said. The support from local organizations like the Corps of Engineers and the local contracting companies made it possible for the Seaborne program to find a permanent home on the island.

The Seaborne ChalleNGe Corps began in 1994 as the Seaborne Conservation Corps. The program resided on the Texas A&M at Galveston campus, which also helped fund the program. In 1999 the program was affiliated into the National Youth ChalleNGe Program and is now executed as a cooperative effort with the Texas National Guard. Twenty-seven states have programs similar to Seaborne, however Seaborne is the only program of its kind in the state of Texas. It is impossible for one program to take in everyone who needs the help that a program like Seaborne provides. "There are still a lot of kids not being served," Bridgwater said about the high demand for programs like Seaborne. As long as the demand stays as high as it is now, the Texas State Adjunct General plans to create 3 additional campuses around the state.

The Seaborne program now has a full time staff of 52 people. Twenty-five of them serve as team leaders. Team leaders basically do the same job a drill sergeant does. A team leader is with the Seaborne cadets 24 hours a day, 7 days a week. There are also 6 teachers for the academic portion of the Seaborne program. Four counselors, 2 nurses, and some administrative employees round out the staff.

The employees in the Seaborne ChalleNGe Corps have the awesome responsibility of shaping the lives of young people. "These kids are here because someone saw a spark in them that needed to be flamed," Bridgwater said about the motivated and talented young men and women that take part in the program. Once you get that fire started, it's amazing how bright it will burn.

HQ -- what it's like

by Erik Nelson

Earlier this year, I had an opportunity to go to Washington, DC for a developmental assignment at HQUSACE with the Programs Division of the Directorate of Civil Works. My assignment lasted from April 29th through June 27th. I was assisting the Major Subordinate Command (MSC) representative for Southwestern Division (SWD), Ms. Marilyn Benner.

Some of the more routine tasks I was involved with during my time were editing fact sheets to be provided to the Congressional Appropriations Committees, reviewing reports submitted by different districts within SWD, and staffing actions ranging from guidance to districts to Congressional responses. Being involved in those activities gave me a better idea of the full

range of civil works projects in SWD. It also taught me how important quality control is at the district level. So many actions there were delayed because the products being provided weren't up to par, or the actions required of the Headquarters were unclear in the transmittal memos. The sure way to guarantee a timely review of a product is to take the extra time to complete a quality product at the lowest possible level, and make the reviewers' job as easy as possible. Whenever you expect prompt actions from the Headquarters, and wonder what is taking so long, keep in mind that there are probably a dozen other project managers or action officers thinking the same thing!

I took the opportunity to do some interesting [work-related] things as well. I took the time to visit the offices of the Congressional Appropriations Committee staffs. While the hallways were a bit large and intimidating, the insides of the offices were

just like any other typical office. I encourage anyone else who is in the area and has the time to visit these offices. No special security badges are required; they are open to the public. I also attended a Senate hearing on Corps reform. It was very interesting, and not overly intimidating, to stand in the back of the packed hearing room and watch several Senators listen to the testimony of LTG Robert Flowers, Mr. Les Brownlee (acting Assistant Secretary of the Army for Civil Works), and others.

It was also very interesting to see Michael Grunwald of the Washington Post interview some of the senior Corps staff afterwards, and read what his take on the hearing was in the newspaper the following day. While he was accurate in everything he said, the context of the article was a little

different than what I heard at the hearing.

Since I am in the Army Reserves, I took the time to do my "duty" in the USACE Operations Center (UOC) one weekend. Unlike our own Emergency Operations Center, the UOC is staffed 24/7. When you include the Corps military mission, there is always something going on somewhere in the world that involves the Corps. Because of my status, I was allowed in to the "secure" room, where all of the computers are connected to the ultra-secure SIPRNET. This area was staffed by Army Reserve officers who have been mobilized (just like our own LTC Mike Flynn and MAJ Steven Sanders). There wasn't a lot to see there; because of the secure nature of the room, very little was left in open view for very long.

Overall, it was a very good experience for me. I enjoyed finally being able to put faces on the names I see so often.





County officials and Corps personages broke ground for the new recreational facility near Cove, Texas August 29. Next page, upper left: Col. Waterworth and Richard Long visit with Joan Walker, Water-Borne Education Center. Bottom: The newly dredged boat channel, right, will soon reach the proposed boat ramp site.

County-Corps partnership triggers ground-breaking at Cove Park

The breeze was soft, the shade was cool, and the mosquitoes were absent from the groundbreaking ceremony for a new park and boat ramp at Cove, Texas on Aug. 29. The park is being built through a partnership between the Corps of Engineers and Chambers County with grants from the Texas Parks and Wildlife and the Government Land Office. This is the second such enterprise between the Corps and the county.

The park will have a boat ramp, with a U-drive leading to it, a parking lot for 75 to 100 cars, restrooms, and picnic tables and hiking trails. The channel to the boat dock is already being dredged. A bridge over Hugo Bayou, built by the Corps during the development of the Wallisville Project, will become part of a hiking trail.

“No local taxpayer’s money is going into this park,” said Chambers County Judge Jimmy Silva. With the grants received from state agencies, the county by using hotel and motel taxes collected in the past is able to finance the project.

The idea for the park started about eight years ago when Silva was a commissioner in Precinct 3. People were asking for a boat ramp, he said. Commissioner Buddy Irby said he looked at the park as a vision that several people had. “By

building a partnership with the Corps, the Texas Parks and Wildlife and GLO, it became a reality.”

The area on Old River, known as Hugo Point, was named after early settler Hugo Franssen who settled there in the 1800’s. In earlier days, there was a large white house that could be seen for miles sitting near the spot. An early cemetery remains there and will be cleaned and marked by the county. The Corps has kept the area protected by a chain link fence since its purchase of the land .

The park will be a primitive development; gravel roads will lead into it and it will be for day use only.

Previously, the Corps and Chambers County worked in partnership on the development of the Cedar Hill Park. The Corps leased land to the county and the county was responsible for the park’s development. Cedar Hill also has a boat ramp, picnic tables, restrooms and trails. It overlooks Lake Charlotte.

“This is an ideal spot for development of eco-tourism,” said Col. Leonard Waterworth, district engineer and commander of the Corps’ Galveston District. Its locale is 40 miles from downtown Houston and the marsh and the area surrounding it seem to be untouched by any invasion of city sprawl.”



Early History

Early settler Hugo Franssen, Sr., chose a beautiful spot for his family home. Alongside Old River in what became Chambers County, he was the owner of thousands of acres of marsh and grasslands surrounding the small settlement of Cove, Texas. He is buried in the family cemetery at Hugo Point along with his wife and other family members. This cemetery lies within the area being developed by Chambers County into a park and boat ramp.

Franssen was born in 1824 in Holland and immigrated to America, becoming a citizen in Massachusetts in 1844. He was married in 1853 to Metta Rebecca Carolina Benecneen. The young couple was in Galveston when their eldest daughter was born, but were living on Old River by the time of their next child's birth. They eventually established themselves at Cove at a location known today as Hugo Point.



*Delia Reyes
retires from
Southern
Area Office
with a
BANG!*



*Top: A family portrait, Delia, and her family:
Left: Gifts for Delia: Right center: Example of a
happy retirement, Domingo and Nicky: Bottom
right: Everybody enjoy the party. Continue on
page 17.*

Zinc: A Versatile Mineral

by Tracy C. Orr
Wellness Committee



Zinc has been voted as the most versatile mineral by many nutritionists and dietary professionals. As a part of more than 200 enzymes, zinc sharpens your senses, energizes your cells, and defends your body against attack. Zinc interacts with deoxyribonucleic acid (DNA) to help cells create protein. While zinc is found in all tissues, 90 percent of the body's zinc is stored in the muscles and bones.

A child's growth depends on zinc. A deficiency of zinc endangers children in many developing countries. In China, zinc supplementation led to coordination and attention gains among school-age children. In addition, zinc has spurred growth in children with sickle cell disease, a blood disorder that mainly affects African-Americans.

In this country, subtle zinc deficiencies can affect elderly individuals. Ailments that burn through zinc stores become more likely as people age, as does the chance that someone will be taking prescription drugs that deplete zinc. It is believed that as many as one in three Americans over age fifty have an undiagnosed zinc deficiency. This deficiency, in turn, may leave individuals more prone to a number of conditions, including diabetes and heart disease.

Zinc has a salutary effect on the immune system's T-cells, blood stream patrollers that sound the alarm when they encounter intruders. Not surprisingly, given the increased risk of zinc deficiency that comes with aging, zinc supplements

have been found to strengthen the immune systems of older individuals who took them.

Running shy of your full zinc quotient can also affect your natural phagocytic cells, including monocytes, neutrophils, macrophages, and other cells, that capture and destroy infectious agents. Zinc also supports vitamin A, another important immunity nutrient.

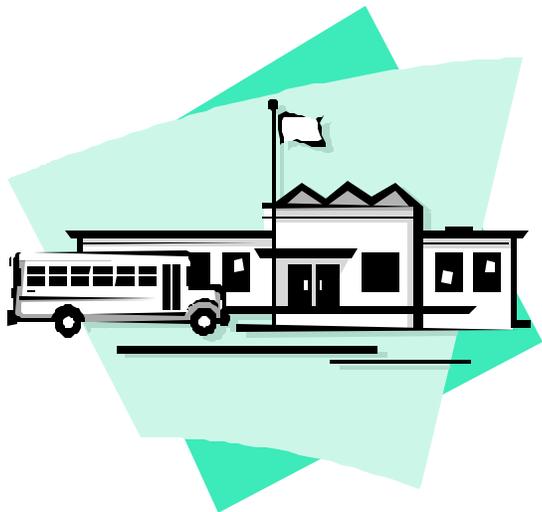
Despite conflicting research results, many complementary practitioners recommend taking zinc lozenges to short circuit emerging colds. In addition to strengthening immunity, zinc appears to keep cold viruses from replicating and to block nerve impulses that cause nasal congestion and sneezing.

Oysters' reputation as a food for would-be paramours is linked to their zinc content. Prostate health also depends on plentiful zinc stores. Zinc is necessary for healthy sperm production. Men who took zinc and folic acid, a B vitamin, increased their sperm count. Post conception, zinc has reduced complications during pregnancy, and supplements taken by mother-to-be in poor countries have improved the health of low-birthweight babies.

Zinc's sensory effects have been used to help people undergoing radiation therapy for head and neck cancer regain their sense of taste. Older people often complain that food just doesn't taste as good as it once did. If this happens to you, you may need a little extra zinc. This mineral may also help individuals with rheumatoid arthritis, in which the immune system attacks the joints.

Meat and seafood are the best food sources of zinc, so vegetarians often need zinc supplements. If you take a zinc supplement, be sure to follow the directions on the package. Taking zinc megadoses has been shown to lower immunity. The bottomline however is to make sure that you get enough of this versatile, wide-ranging mineral.

Back to School Safety: Reducing Back-to-School Stress



It's that time of year again -- put away the beach bags and get out the back packs - school is just around the corner. This is an ideal time for parents and students to develop strategies to reduce the stress and anxiety that comes with the start of a new school year.

Begin by establishing daily routines before school starts. According to Harvard child psychologist Dr. Larry Kutner, a.k.a. "Dr. Dad," this is especially important for young children since they have more difficulty with transitions. One way to do this is to practice your morning schedule the week before school actually starts. Find out how long it takes to get up, get dressed, eat breakfast and head out the door. This will help alleviate any last-minute morning hassles.

Designate a space in your home specifically for doing homework. It may be better if this area is not in the child's room because there are often too many distractions there. Developing good study habits at an early age will help your child improve responsible behaviors long-term.

Discuss how your children might deal with bullies

and other situations that concern them. If your children are prepared to deal with difficult circumstances, there will be fewer problems and worry when they arise. For strategies on discussing these issues with your younger children, Dr. Kutner recommends tonystime.com, a program developed jointly by Stand for Children and Tony's Pizza. The Web site features tips and activities that teach children about responsibility, respect, rules and relationships.

Review safety and school rules with your children to avoid any confusion. It's important to understand how to safely board and exit a bus, as well as how to cross streets before and after school. In addition, discuss what is appropriate to bring into a classroom and what is not.

Set a time each day to talk with your children about their school day. This conversation could take place during dinner, in the car, or right before bed. Have reasonable expectations for what the conversation will be like. Asking, "How was school today?" is likely to get a standard response of, "Fine." Asking more specific questions such as, "What was the most interesting thing you learned today?" may be a better way to start a conversation. But whichever approach you choose, it is important to maintain an open dialogue with your children and be aware of their daily activities and what they are learning.

Most important, be enthusiastic. Acknowledge your children's concerns about the challenges of a new school year, but help them get excited about learning and making new friends. By preparing yourself and your children ahead of time, you'll pave the way for a successful start of the school year.

Courtesy of ARA Content, www.ARAcontent.com

Back to School Safety Tips

As millions of children head back to school, the U.S. Consumer Product Safety Commission (CPSC) is giving parents, teachers, and care-givers tips on making back to school time a safe time. CPSC's "Back to School Safety Checklist" offers tips on making schools, child care facilities and playgrounds safer. "Take a few minutes to check your child's school, day center and playground for hidden hazards we don't always think about during this busy time of year," said CPSC Chairman Ann Brown. "Use our free checklist to make sure your children head back to school safely."

Drawstrings on Jackets and Sweatshirts -- There should be no drawstrings on hoods or around the neck. Drawstrings at the waist or bottom of jackets should extend no more than 3 inches to prevent catching in car and school bus doors or getting caught on playground equipment.

Loops on Window Blind Cords -- Cut the loop and attach separate tassels to prevent entanglement and strangulation in window blind cords. One child a month strangles and dies in the loop of a window blind cord.

Bike Helmets -- Buy a helmet that meets one of the safety standards (U.S. CPSC, Snell, ANSI, ASTM, or Canadian), and insist that your children wear the helmet each time they ride their bike. About 900 people, including more than 200 children, are killed annually in bicycle-related incidents, and about 60 percent of these deaths involve a head injury. More than 500,000 people are treated annually in U.S. hospital emergency rooms for bicycle-related injuries. Research indicates that a helmet can reduce the risk of head injury by up to 85 percent.

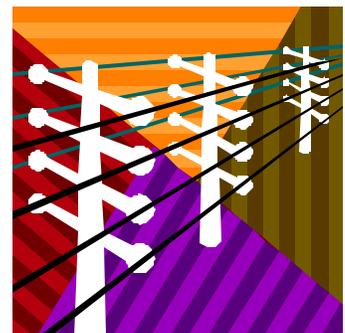
Soccer Goals -- Make sure that the athletic director or the custodian anchors the soccer goals into the ground so that the soccer goal will not tip over and crush a child.

Playgrounds -- Check the surfaces around playground equipment at schools and parks to make sure there is a 12-inch depth of wood chips, mulch, sand, or pea gravel, or mats made of safety-tested rubber or fiber material to prevent head injury when a child falls. Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground.

Recalled Products -- Make sure your child's school has up-to-date information on recalled toys and children's products. Schools, daycare providers, and parents can receive recall information by FAX, e-mail, or in the regular mail free of charge by calling the CPSC hotline, or writing to the U.S. Consumer Product Safety Commission, Washington, D.C.

Save Your Energy: 10 Simple Things You Can Do

- Use your desktop lamp; why light a tennis court to read a sheet of paper?
- Use compact fluorescent lamps to save energy and cut pollution.
- For three copies or less, use the printer; for more, use the copier.
- Laser printers use 300 watts; inkjets use only 10, for similar quality.
- Using the "stand-by" button on your copier will lighten your energy load by 70%.
- A computer monitor uses 60 watts of power; turn it off if you leave for more than 10 minutes.
- Recycling paper reduces water use by 60%, energy by 70%, and cuts pollution in half.
- Relax and take mass transit; use 25 times less energy.
- Burn carbohydrates not hydrocarbons: ride your bike to work.
- Airplanes burn 70 gallons of fuel a minute. Travel by a real super-saver-teleconference.



August Birthdays

Robert Richardson	August 1
Juan Lopez	August 4
Delia Reyes	August 4
Monica Campos	August 4
Curtis Cole	August 5
Gail Stewart	August 5
John Otis	August 5
Richard Medina	August 5
Clark Griswold	August 6
Andrew Smith	August 7
Richard Whitmaire	August 8
Richard Schrank	August 10
Joel Stratton	August 11
Rob Thomas	August 12
Nancy Young	August 14
Celia Cockburn	August 14
Johnny Rozsypal	August 15
Randy Moore	August 15
Herbie Maurer	August 16
Jayson Hudson	August 16
Lou Huyge	August 16
Lizette Richardson	August 17
Byron Williams	August 19
Don Allen	August 19
Pam Thibodeaux	August 19
Terri Carlson	August 19
Ed Mason	August 19
Simon Desoto	August 21
Al Meyer	August 22
Henry Fleming	August 24
Tracy Orr	August 27
Louis Petit	August 27
Nicolle Dailey	August 28
Kerry Stanley	August 29
Vinod Patel	August 30
Gary Demarcay	August 30
Carol Sheffield	August 31

Our Sympathy. .

-- to John McManus and family. Antoinette McManus, John's wife, passed away Aug. 21, 2002. Funeral services were held August 24. Antoinette McManus was a former Galveston District employee.

-- to the family and friends of former District Engineer Col. Nolan Rhodes who passed away Aug. 18, 2002. Services were held in Corpus Christi Aug. 22.

Congratulations

Congratulations to Tracy Orr of the Regulatory Branch. Tracy finished second in his age group in the "Run by the Bay" 5 K run held on June 22 in Texas City as part of the annual "funfest" celebration. He received a nice T-shirt and medallion for his efforts.

Blood Drive complaints are being investigated by the Blood Center

Tracy Orr, Wellness Committee chairman, reports that all of the complaints regarding the June 4th blood drive have been turned over to the Blood Center. These complaints are currently being reviewed and investigated by representatives of the Blood Center.

"I have been assured that the problems associated with the last drive will be corrected and won't happen again," he reported. "Our drive is very important to the Blood Center and they will do everything in their power to insure that our future drives go smoothly and are conducted in a professional manner. Please continue to support our drive."

Blood Donors

-- July 30 --

Alcala, Anaris	Hanus, Joe
Anders, Lynette	Hauch, Robert
Bartee, Clarkk	Hopkins, William
Beesley, Ronny	Huff, Edward
Benavides, Veronica	Jakeway, Bill
Brown, Karl	Johnson, Barbara
Carelock, Donald	Joseph, Rajasehar
Cockburn, Celia	Lindsey, Debra
Druz, Danny	Lingo, Patricia
Desai, Pramod	Mason, Thomas
Dessin, Christina	McClenan, Cecil
Fanueiel, Shirley	Russek, Eric
Ferguson, Jessica	Sherwood, Robert
Garcia, pablo	Watts, Barbara
Gordon, Anavalli	Wise, William
Hamala, Steven	Worthington, James



Top: Delia with her retirement cake; Bottom: Holding her grandson.

*To the wonderful employees of the Galveston District I say so long. Today is my last day to work with the Corps and I've enjoyed working with all of you very much; it has certainly been a pleasure knowing so many of you and working with you. Thank you for all your help, support, and guidance. I couldn't have done it without you. Take care and may God Bless you all. I will surely keep you in my heart and in my prayers. Love you always.
Delia*

Upcoming Events in September

September 2
Labor Day

September 4-6
National Waterways Conference

September 9
PMBP Curriculum - Executive Training Session

September 9-12
SW Region CPOC/ Commander Conference

September 13
PRB

September 24
Defensive Driving