



US Army Corps
of Engineers
Galveston District

The Sand Castle

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





Cover: Maj. Spears and his daughter at his farewell party; story on page 7.
 Above: Corps employees visit the Neches River Saltwater Barrier; story on page 6.

Volume 19 Number 5

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

April marked the completion of my 9th month here at the District! April, like the last eight months was extremely busy and fruitful. The month of May will be no exception. I find it very exciting to see what new successes and problems will come along each month.

Lt. Gen. Flowers has published his Environmental Operating Principles. I am sure you have all become familiar with the seven principles and are applying them to your daily work. Just to keep the principles in the forefront, let's review them once again and please place them somewhere in your work area as a daily reminder.

1. Strive to achieve Environmental Sustainability.
2. Proactively consider environmental consequences of Corps programs.
3. Seek balance between economic and environmental solutions.
4. Accept corporate responsibility and accountability decisions under our control.
5. Seek to mitigate cumulative impacts to the environment.
6. Build and share an integrated scientific, economic, and social knowledge of environmental impacts of our work.
7. Respect the views of individuals and groups interested in Corps activities, listen to them actively, and learn from their perspective in the search to find innovative win-win solutions to the Nation's problems that also protect and enhance the environment.

These are great principles and I truly believe our District has lived similar principles for a long time, now the rest of the Corps will have to catch up. As I always say, "we work to have a great place to work and a great place to live along the Texas coast line."

We can be proud of another completed project! Channel to Victory was completed a few weeks ago and I was invited to speak at the dedication ceremony. The project was the deepening of a channel that runs from the Gulf Intercoastals to the turning basin, a distance of 35 miles. We were privileged to work with two partners, Victoria County Navigation District and the West Side Calhoun County Navigation District on the project to deepen the channel to 12 x 125 feet. There was a tremendous amount of work that started in 1986 with the study. Bill Wise, Andrew Smith, and Ricky Villagomez were three of the leaders on the project.

Comings and Goings....

We just had a farewell ceremony for Major Ben Spears and his family. Ben finished his two-year training assignment here and has been reassigned to the Inspector Generals office in Heidelberg, Germany. His replacement, Major Joe Hanus, will arrive here in June to fill the Deputy position. Presently he is an instructor in the civil engineer department at West Point.

Ms. Charlotte Stockwell will be reporting in June as the new Resource Management Officer, replacing Meg Dunleavy. Ms. Stockwell is currently working in the Tulsa District. Meg accepted a new position for the Engineer Research and Development Center at Ft. Belvoir, VA. We welcome Charlotte and wish Meg the best of luck in her new position.

I am writing this article while TDY at Ft. Leonard Wood, Mo. I am attending ENFORCE. What is ENFORCE? Well, it is the engineer conference Lt. Gen. Flowers holds once a year with all of his engineer leadership. The conference objective is to get an assessment of where we are and where we are going. I am anxiously awaiting the highlight of the conference when the Chief will present the state of the Corps briefing. I will capture the high lights and give you an update in next month's article. ESSAYONS!



Col. Leonard D. Waterworth

Corps Celebrates Earth Day

Today, April 22, we in the U.S. Army Corps of Engineers join the rest of this great nation in celebrating Earth Day 2002. I am taking this opportunity to tell each of you how proud I am of what the Corps is doing to support the environment, and for all we will continue to do.

Last month, I formally introduced the Corps' seven Environmental Operating Principles. These principles are not new. We have been operating with them for several years, and for several chiefs before me, but we have now taken the opportunity to formally place them in writing to enable every member of the organization to have a corporate understanding of our environmental interaction.

I trust that you have seen them by now, and have undergone the chain teaching intended for all members of the Corps on these principles.

I also ask you to view the recent video I did on the Environmental Operating Principles. It will give you an idea about why it is essential to incorporate the principles into all of our decisions. Your Public Affairs Office or Information Management Office will be able to tell you how to access the video at your headquarters or office.

Putting the EOPs into a formal document also enables new members of the Corps to quickly understand the importance of environmental considerations in our operations.

On the day I released the Environmental Operating Principles, I had the privilege of participating in the dedication of the Davis Pond Freshwater Diversion Project in Louisiana. This major environmental achievement will divert millions of gallons of freshwater, nutrients and sediment from the Mississippi River into the Barataria estuary to rebuild and protect marshes in coastal Louisiana.

Earlier that morning, I also participated in the dedication of the Blackwater Conservation Area in Louisiana. This project took an abandoned mining area and converted it into a wetlands area that will also be used as a park.

These are two projects that are physical evidence of our commitment to environmental restoration. I could not have been prouder to be your chief on that day as people recognized what we had accomplished along with our other partners on the projects.

Around the nation, there are many more Corps projects going on in the Everglades, along the Missouri River, with FUDS and FUSRAP, and many others too numerous to mention. We are making a difference for the nation.

We continue to dedicate approximately 20% of the Civil Works budget to environmental considerations, and we are providing sustainable solutions for the Army as it transforms.

I encourage you to visit the following link to read The Corps Environment, our quarterly newsletter that showcases the great environmental work we do. You can find the newsletter at <http://hq.environmental.usace.army.mil/newsinfo/current/current.html>.

As I did last year, I encourage you and your families to visit one of the Corps' recreation areas, campgrounds or lakes soon. Experience what we are providing the public now and preserving for future generations to treasure. I am proud of you. I am proud of this organization. I could not have a better job in the Army than this one that allows me to serve as your Chief.

Essayons!

Bob Flowers



*Lieutenant General
Robert B. Flowers*

San Jacinto College South Celebrates Earth Day/Birthday Celebration and Offers Environmental Education

Every Day is Earth Day, but San Jacinto Jr. College selects one special day each year to celebrate and promote environmental education and awareness. This year's second Earth Day/Birthday celebration was held on Tuesday, April 9, 2002 from 0800 until 1200 at the San Jacinto Jr. College South, Administration Building and Lobby located at 13735 Beamer Road. All activities and events during the celebration are free of charge. Food and beverages are also free.

A variety of local, county, state, and federal agencies volunteer environmental education, activities, and opportunities to the students while promoting environmental awareness. Dr. Patricia Ireland, a faculty member of the Biology Department as well as founder and coordinator of the Earth Day/Birthday Event celebrations, looks forward to expanding and sharing a wide



Students picking up information on Earth Day at Corps booth.

range of environmental experiences with as many individuals as possible.

This is the second year that the U.S. Army Corps of Engineers, Galveston District has encouraged, supported, and attended San Jacinto Jr. College South's Earth Day-Birthday events and celebration. The

Corps provided a display that highlighted environmental projects such as Aransas National Wildlife Refuge, Sundown Island-Shoreline Erosion project, Bird Island, and Texas Point. Corps promotional items as well as educational and informational literature were dispersed to approximately 150-200 hundred students.

History of Earth Day

Former U.S. Senator Gaylord Nelson, Earth Day's co-founder, modeled Earth Day on anti-Vietnam War demonstrations, called "teach-ins," that were common on college campuses. "At a conference in Seattle in September 1969, I announced that in the spring of 1970 there would be a nationwide grassroots demonstration on behalf of the environment," says Nelson. "The response was electric. Telegrams, letters, and telephone inquiries poured in from all across the country."

As many as 20 million Americans participated in environmental rallies, demonstrations and other activities in the 1970 Earth Day. Since the first Earth Day, however, the environmental movement has increasingly transformed itself from a largely grassroots, citizen crusade to a professionally-organized, established special interest. Environmental organizations now employ 3,400 full-time employees.

Secretary of the Year Announced: Billye Newcomb *Federal Women's Program also hosts field trip to Neches River Saltwater Barrier*

District secretarial and clerical employees celebrated their day on April 24 with a honors ceremony, followed by a tour of the Neches River Saltwater Barrier project the next day.

Billye Newcomb, Project Engineering, was chosen as the district's Secretarial/Clerical Employee of the Year and presented a plaque by District Engineer Col. Leonard Waterworth. Other nominees included Pat Lingo, Nettie Irvine, Karen Strain, Mary Ann Patlan, Gloria Brunt, Faye Arenz, Trina Ruse, Fredalyn Colston, Charlene Terry, and Maria Henkel.



Billye Newcomb, Clerk (OA), Project Engineering Section, Secretary of the Year, with Col. Waterworth, holds award.



Left: Galveston District employees on their way to the Neches River Saltwater Barrier wave to the camera. Right: Enjoying lunch at a local restaurant. Aside: Employees pose in front of the project.

Maj. Spears says guten tag and HOOK'em HORNS to Galveston District

Constant change is a way of life for men and women in uniform – and the posts they serve.

Deputy District Engineer Maj. Ben Spears is exchanging the Gulf breezes and window view of Galveston bay for the more temperate environs of Heidelberg, Germany – and he says he is leaving behind a Galveston District that has changed for the better.

Spears, a Dallas native who grew up in Austin and a graduate of University of Texas's ROTC program, began his career at Galveston District in April 2000 as a project officer for the emergency operations center before taking the position of deputy commander in March of 2001.

"It has been an exciting time for me these past two years," Spears said, "that has brought many changes not only for me, but for my family."

Spears had praise for the organization he leaves behind, calling the district, "a good organization, with promise."

Looking at the progress in the Corps on a regional basis, he said, "you get a good perspective on how your district



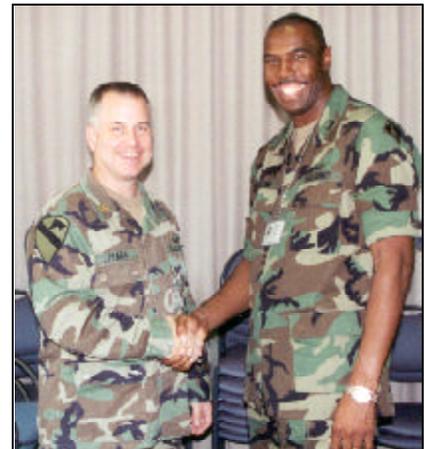
Col. Waterworth presents Maj. Spears with one of his awards at his farewell ceremony. Maj. Spears last day was April 30.



Col. Waterworth presents a Certificate of Appreciation to Mrs. Spears.

looks as compared to others – and come off looking pretty good."

"I will miss Galveston dearly," said the Texas longhorn,



Maj. Spears and Lt.Col. Flynn at his farewell ceremony held April 25 in the main conference room.

"and I will refrain from any aggie jokes, but as a parting shot, for next fall, "Beat the hell out of A&M."

Lake Somerville's grand opening of the life jacket loaner program

Corps employees from Fort Worth and Galveston district, along with Texas Parks and Wildlife met May 14 at the new site for the life jacket loaner program at Lake Somerville.

Madeline Morgan, Chief of Health and Safety; Emmitt Attaway, park ranger; Judy Marsicano, public affairs specialist of Fort Worth district; Kris Brown, park ranger of Galveston district and Phil Steffan of Texas Parks and Wildlife addressed the Life Jacket Loaner Program to local elementary students, along with the junior boater education program.

Lake Somerville is a U.S. Army Corps of Engineers reservoir near Somerville, Texas. The lake offers various types of recreation, including camping, fishing, boating, swimming, hunting, and nature trails.



Elementary students try on life jackets for practice.



Fort Worth and Galveston district employees pose with the elementary students in front of the life jacket station.



Water Safety: Boat Smart From the Start

So tell me... what kind of life jackets should I get for the kids?

By far, this is the most frequently asked question of boating safety educators. And even though there have been printed materials distributed for years about selecting the proper life jacket for a child, much confusion still exists. Some of the boating magazines have published product comparisons based upon internal testing in hopes of enlightening the consumer, but since kids come in all sizes and packages, parents, guardians and grandparents all over are being challenged about what type, style, and size life jacket they should purchase.

Children's life jackets have been either Type III Flotation Aids or Type II Near Shore Buoyant Vests.

The biggest difference lies with the performance of the device. A Type III device is for a child who has experience in the water and prefers the comfort and mobility such a device can provide, while for children who are non-swimmers or who have a lack of familiarity with the water, the Coast Guard recommends a Type II Near Shore Buoyant Vest be used. Typically this type of device reflects a collar.

And when it comes to sizing, children's life jackets have been designed around three sizes, an Infant device (Under 30

PFD Size - Child Weight - Apparel Size - Age

Small 30-40 lbs. 2T, 3T, 4T 2-4 years
 Medium 40-50 lbs. Girls 4-6X 4-7 years
 Medium 40-50 lbs. Boys 4-7 4-7 years
 Large 50-70 lbs. 8-10 8-10 yrs.
 X-large 70-90 lbs. 10-12 10-12 yrs.

pounds) and Child Small (30-50 lb.) and a Youth (50-90 lb.). And although a Youth Long device was offered a few years ago and an Infant/Child device (Under 50 lb) is still available, children's life jackets have been sized solely around weight. Until now that is.

With many states enacting mandatory wear laws for youth age points, principally twelve years old and under, the United States Coast Guard recognized the need for increased comfort and wearability for children required to wear a life jacket either at all times or while the boat is underway. In both of these scenarios, children could be expected to wear a life jacket for long periods of time while sitting in a boat or engaged in such activities as water skiing or riding on a personal watercraft, therefore, the element of fit, comfort and increased mobility became a desired feature for children's life jackets.

With this need in mind, the United States Coast Guard was willing to explore alternative designs that would not necessarily

fit within the already established Type II and III life jacket classifications. Their Type V PFD classification permitted them to approve such unique designs, therefore, when Future Products Corporation approached them about qualifying their swimsuit as a life jacket, they were willing to explore this possibility.

After nearly six years of research and development testing conducted by Future Products Corporation in cooperation with the United States Coast Guard and Underwriters Laboratories, Inc., the Type V Swimwear Flotation Device classification of life jackets was formalized in September, 1997.

In essence this classification of life jacket permits swimming suit materials specifically lycra/spandex to be used in the manufacture of life jackets.

Although this material fades more readily than traditional life jacket fabrics and in some cases is less strong, its ability to conform to a child's body shape and maintain its

continue on page 18...

Buffalo Bayou: **An Echo of Houston's Wilderness Beginnings**

by Louis F. Aulbach and Linda C. Gorski

After the great flood of 1935, a flood eclipsed only by Tropical Storm Allison in June of this year, the city of Houston asked the Corps of Engineers to build a reservoir as a means of controlling the devastating floods along the Buffalo Bayou watershed. Barker Reservoir encompasses the land that included the ranches of two significant families in the history of Houston and Harris County.



Buffalo Bayou

Buffalo Bayou bisects the area of Barker Reservoir as it places the lands of the Habermacher family to the south of the bayou and the lands of the Marks family to the north.

The Habermacher family was the most prominent family in the area from the 1830's to the 1880's. Thomas and his wife Marie brought their family from Germany to the area along the San Felipe Road. They were typical in many ways of the German settlers to the region during the 1830's, some of whom settled in the northern part of Harris County while others settled west of Houston in the area known, then and now, as

Spring Branch. But, although many of the other Germans took up farming, the Habermachers seemed to focus on cattle, mules and wagons.

They were teamsters hauling the cotton and other goods between the Brazos farmland and the shipping centers Houston and Harrisburg.

In the late 1840's Prince Solms-Braunfels mentions stopping at Habermacher's on his trips from Houston to New Braunfels. By the 1870's, Habermacher Settlement was a prominent station on the Texas Western Narrow Gauge Railroad that carried cotton from Pattison to Houston.

August T. Marks was a cowboy who rode in the cattle drives after the Civil War. By the 1870's, Marks was acquiring land in the area. The family still maintains a remnant of the formerly vast LH7 Ranch near I-10 and Barker-Clodine Road. Emil Marks took over the ranch from his father in 1891 and he made it one of the premier cattle ranches in the region. In the 1930's Marks helped found the Houston Livestock Show and Rodeo. He was one of the organizers of the Salt Grass Trail Ride.

This reach of Buffalo Bayou flows across the coastal prairie lands south of Katy and I-10.



A church in the area.

Historically, it was not much more than a large drainage ditch. In recent times, however, it has been channelized and widened into a retention basin to serve the drainage needs of the Cinco Ranch development. The greenbelt long the bayou from TX99 to Westheimer Parkway actually has become a welcome access point for hiking, biking and canoeing in the far southwestern reaches of the reservoir.

There is a small, unpaved parking area where the bayou crosses Westheimer Parkway. A county park extends south along the west bank. It is possible to put your canoe or kayak in at this point and paddle upstream to the junction of Buffalo Bayou and the Diversion Canal where a lake has been formed.

Upstream of the Westheimer Parkway bridge, however, the bayou is off limits to paddling due to Corps of Engineers regulations. But it is also worth noting that the bayou retains its native, wild and untamed character from this point until it reaches the gates of the reservoir spillway. The small narrow stream flows through a riparian forest that clogs and

overhangs the streambed, often making it impassible by boat due to fallen trees and logjams.

The area along Westheimer Parkway and east of the bayou crossing is George Bush Park which is administered by Harris County. The Barker-Clodine Road has been converted into a hike and bike trail near the ruins of the Habermacher Settlement. This trail heads north across Buffalo Bayou to the headquarters of the LH7 ranch. Several other hiking trails penetrate deep into the forest and meadows of the reservoir.

Even in the midst of the heavily populated west side of Houston, Barker Reservoir offers a “remote” place of wild solitude. It provides a rare glimpse of the way the land was before the coming of the European settlers.



Upstream of Buffalo Bayou

Meet the New Boss of Southwestern Division - Col. Robert Crear

Colonel Crear is the Chief of Staff for Headquarters, U.S. Army Corps of Engineers, a major Army command consisting of a military and civilian workforce of 35,000 with an annual budget of over fourteen billion dollars. He is responsible for directing, coordinating, supervising, integrating and training the over 900 person staff to provide responsive engineering support to The Army and Nation at home and abroad. He is also responsible for focusing the efforts of the headquarters to best support the Commanders' vision and the mission of subordinate Division, District, Center and Laboratory Commanders in the field. He works closely with Army, other MACOM staff, DoD staff and Members of Congress to ensure USACE provide exceptional support to the Army and the Nation in peace and war.



Col. Robert Crear

Colonel Crear was born in Vicksburg, Mississippi. He graduated in 1975 from Jackson State University, Jackson Mississippi where he received a Bachelor of Science degree in mathematics and a Regular Army commission as a second lieutenant in the Corps of Engineers. He holds a master's degree in national resource strategy from the Industrial College of the Armed Forces. Colonel Crear's military education includes U.S. Army Airborne School, the Engineer Officer Basic and Advanced Courses, the Ordnance Officer Advanced Course, Command and General Staff College, and the Industrial College of the Armed Forces.

Prior to his selection as the Chief of Staff of the U.S. Army Corps of Engineers, he served as the Commander and District Engineer of the U.S. Army

Corps of Engineers, Vicksburg District. Colonel Crear has served in command and staff positions in the U.S. and overseas. He has been assigned as the Assistant Director of Civil Works, Headquarters, U.S. Army Corps of Engineers; Military Assistant for the Assistant Secretary of the Army for Civil Works at the Pentagon. Colonel Crear commanded

the 4th Combat Engineer Battalion, 4th Infantry Division at Fort Carson, Colorado, where he also served as Executive Officer of the Divisional Engineer Brigade. Other assignments include Executive Officer of the 802nd Combat Heavy Engineer Battalion, Korea; Executive Officer of the U.S. Army Engineer School and Operations Officer of the 1st Engineer Brigade, Fort Leonard Wood, Missouri; Instructor and Branch Chief at the U.S. Army Engineer School, Fort Belvoir, Virginia; Company Commander and Battalion Operations Officer in the 546th Direct Support Maintenance Company and 66th Maintenance Battalion, respectively, in Germany. His initial assignment was with the 5th Combat Engineer Battalion at Fort Leonard Wood, where he served as Platoon Leader, Company Executive Officer and Company Commander.

His military awards and decorations include the Legion of Merit, Army Meritorious Service Medal with six oak leaf clusters, Army Commendation Medal, Army Achievement Medal with oak leaf cluster, Army Staff Identification Badge, Parachutist Badge and 1999 Chief of Engineers and Secretary of the Army Award for Small Business Utilization.

Colonel Crear and his wife Reatha, also from Vicksburg, have four children, Kristi, Kimberly, Robert Jr., and Reginald.

Personal Perspective: What It Means to Me to be a LDP Member

by Betty Voekel

If you are asking yourself whether or not the Leadership Development Program (LDP) is for you, I'd like to share what the program has meant to me this past year. To tell you the truth, I was a little hesitant about applying. Most of the time I feel there are not enough hours in the day to get my regular work done, not only at the office, but also at home. However, I took on the challenge, applied, and was accepted into the Program. Since the start, I have had many rewarding experiences. As one of the requirements on my Individual Development Plan (IDP), I attended the Leadership Education and Development (LEAD) class in Tulsa in January. At least 60% of the class of 21 people were from project offices.

Through LDP, I have increased my number of coworkers and friends to include Andrea, Sam, Sharon, and Janet. All of whom, I didn't know at all until the LDP. Top that off with a further expansion - the Emerging Leaders. I have really enjoyed getting to know and working with these new friends. We have worked together on some really challenging "stuff" like creating the Operations Plan for the District, and fun "stuff" like attending a Brown Bag Lunch with the Colonel, and breakfast with the Colonel, Major, and Office Chiefs. We also attended the dinner given for LTG Flowers when he came to

visit SWG last summer. As required for an LDP member, I finally sat down and re-established my IDP. This is a very good tool to have for your career. I also have a mentor, who has been a big help whenever I need some career guidance or work guidance. I attended a

leadership class, as I mentioned above. It was a fun, interesting, and rewarding class. We did some exercises that help you get to know yourself better. You learn things like your leadership style, how to manage conflict, and how teams work together.

I really ventured out and took a Public Speaking course at College of the Mainland. I had an excellent instructor that was patient with all of us and understood our fear of speaking. I survived and when I was not giving a speech I enjoyed listening to everyone else's speeches. I only had to give 3 speeches (5-6 minutes). Did I want to give a speech? No, but at least now I have some good guidelines to follow. This is something I did not have before I took the class. Now I know if I practice the introduction a lot I



Betty with Kay Bailey Hutchinson

can make it through the rest of the speech. The first minute of speaking is the hardest part.

The best thing that happened to me was my shadowing opportunity. I went to Washington DC for three days to attend a Communications Strategic Planning Group meeting with Bill Dawson, our SWD DDE for PM. While I was there, I also shadowed Gary Loew, SWD Chief of Programs Management for Civil Works. We visited Senator Hutchison and Senator Gramm's offices along with BG Melcher and Russ Minton. I also attended a House Subcommittee hearing for Military Construction.

As you can see, being in the LDP has been good for me and good to me. Expanding your knowledge and abilities are two of the best things you can do for yourself.

A POSITIVE APPROACH TO COMBATING STRESS & DEPRESSION

by Tracy Orr



Studies conducted over the last several years have found that mental outlook, both positive and negative, plays a role in a wide variety of disorders. When we are afraid or angry, our bodies produce huge quantities of the stress hormones cortisol and adrenaline (epinephrine). That's the "fight or flight" mechanism at work, protecting us (keeping us safe from harm). These hormones raise heart rate, flood the bloodstream with energy-yielding glucose, and make blood platelets more adhesive so, in case of injury, wounds clot faster. When the threat passes, the system is supposed to return to normal. However, if we are constantly angry, anxious, or depressed, stress hormones can remain at battle-ready levels indefinitely. That can raise blood pressure, weaken the immune system, and/or cause other types of damage in the body.

Of course, this does not mean that highly stressed individuals are doomed, or that those with a calm disposition will never get sick. But as the

scientific evidence grows, it is becoming clearer that managing your feelings is just as important as keeping your weight down, lowering your cholesterol, and avoiding or stopping smoking. Your emotional state of mind affects how you view a stressful situation. A positive outlook blunts the stress response.

Studies have shown that optimistic people, those that think positively, rarely get sick and recover quickly if they do. Some researchers believe that a positive attitude may even help increase a woman's odds of delivering a healthy baby. Two recent studies, conducted at Harvard and John Hopkins, indicate that positive thinking may cut coronary risk in half! Optimism helps to either prevent people from getting as agitated, or to reduce the amount of time they stay agitated, thereby producing fewer stress hormones. Some people are lucky enough to be born optimists. However, if you were not that fortunate, you can still learn how to look at daily life in a more positive way. It just takes practice.

It has been shown that

humor (laughter) has the same effect on stress hormones that exercise and relaxation do. A good sense of humor and routine laughter will result in a drop in the levels of cortisol and adrenaline. However, the level of growth hormone, stimulating the immune systems ability to ward off infections and destroy tumors, will rise. Research has also shown that anticipating a pleasurable experience has a similar effect.



Laughter also works as a kind of anesthetic, although it does more than just distract you from pain. It is possible that laughter actually alters the production of neurotransmitters in the brain that are involved in pain signaling.

Physicians routinely tout the undeniable health benefits of exercise and a balanced diet. However, building strong relationships (love and community) are just as crucial. A connection to others has been shown to protect against a wide range of problems, from the common cold to heart disease. More surprisingly, social support may mitigate the effects of poor

health habits. Close-knit communities or groups of individuals, including families, have shown this to be the case.

Spirituality or prayer is one of our most enduring coping and calming mechanisms. Prayer empowers people. It's a healthy alternative to negative coping behaviors like drinking and overeating. And as religion helps us endure, it also reduces our stress levels. We feel less anxious and more in control, and that is reflected in our physiology. But, you don't have to be religious. Researchers suspect that an individual sense of spirituality, however you define it, may confer equal health gains if it brings meaning and purpose into your life.



Learning to relax is essential to your well-being. Most of us don't spend 10 minutes a day taking it easy. However, there is a good reason to make the time. Meditation, yoga, and visualization lower heart rate and blood pressure. Relaxation techniques helped some diabetics reduce their blood sugar levels by 1 percent in a Duke University study. This reduction in blood sugar was enough to cut

the risk of diabetes-related kidney and eye diseases. Relaxation may be the quickest way to calm the stress response. Do anything you enjoy as long as it brings peace, not frustration.

Learning to control anger is also very important. Those who go through life perpetually angry are harboring an emotional and physical time bomb. People who are predisposed to be



impatient and angry tend to respond more intensely and stay aroused longer.

The primary health threat to an "angry" individual is an increased risk of cardiovascular disease. Control anger and you can cut your heart attack risk by a third and reduce your risk of dying from one by 80 percent.

As important as it is to get hold of your anger impulse, it might be just as crucial to express anger when you truly feel it. Suppressing this emotion may increase your cancer risk, according to researchers at the University of Tennessee in Knoxville.

Finally, we must all learn how to deal with depression, not an easy task by any means. All of us will experience some form of

depression at various times during our lives, some of us more than others. One of the surprising side effects is a four-fold increase in the risk of dying of a heart attack, even if you don't presently suffer from heart disease. Depression interferes with the heart's ability to speed up and slow down according to the body's needs, which can lead to sudden cardiac death. It can also alter stress-hormone levels so that they are more likely to cause damage to arteries. These effects have even been seen in young people suffering from depression. Heart disease begins developing around adolescence, and depression may be a major contributor.

So, what's the bottomline? Take control of your life. Adopt a positive mental attitude, be optimistic, learn to laugh, develop connections with others, gain a sense of individual spirituality, learn to control anger and anxiety, and, above all, take time every day to relax and unwind. By learning and using these techniques, all of us can help control the daily stresses and periods of depression we encounter in our lives. Have a great day!



May's Birthdays

Tim Baumer	May 3
Jan Stokes	May 5
Jon Plymale	May 5
Mike Kieslich	May 7
Geva Roberts	May 9
Don Nanninga	May 11
Pramod Desai	May 11
Thomas Moore	May 15
Denise Landry	May 15
Warren Dengler	May 16
Lynn Robinson	May 17
Paul Norman	May 19
Johnnie Simmons	May 20
John Machol	May 21
Loretta Carnes	May 21
Billye Newcomb	May 22
Marianne Fullen	May 23
Rachel Gibson	May 25
Erik Nelson	May 27
Bob Peel	May 29

Baby News

Mr. Kenneth Chambers became a grandpa for the first time on April 30, 2002 when his daughter Stephanie Spradley of Tulsa, Oklahoma gave birth to a baby girl, Alize Nicole Marie Spradley. The baby weighed 8 lbs 12 oz.



Congrats to District Employees



Please join me in congratulating Mr. Joshua Adekanbi, Mr. James Worthington, Mr. David Janda, and Ms. Gail Miller on their selections as Design Project Engineers in the Project Engineering Section, Engineering Branch, E&C Division.

Mr. David Hoth has been selected for the lateral transfer into the Compliance Section, Regulatory Branch. The starting date is to be announced.

Please join me in our welcome of Ernestine Brown-Roach to Operations Division. Her first day in Operations Division will be May 6th. Congratulations Ernestine!

Congrats to Rhonda Brown, General Engineering Section, for being selected as landscape architect of the year.

U.S. Savings Bond Campaign 2002

The Galveston District Savings Bond Campaign for 2002 is about to get underway. In order for the campaign to get started properly, we need several people, called Canvassers, to assist in providing the necessary information to the employees.

Each Division/Office Chief should designate one individual as Canvasser. The names of the individuals shall be provided to this year's Campaign Coordinator, Andrea Catanzaro, CESWG-PE-PR, extension 6346.



Engineer Day T-Shirt Contest

The annual engineers day t-shirt contest has begun. Please make your vote downstairs on the display case. Prizes for the winners are 1st place: \$50.00; 2nd place: \$25.00; 3rd place: \$10.00. Any questions, please contact Paul Norman at ext. 3866, by e-mail, or in person.

And don't forget that Engineer Day is June 14th. Please check with Ana Gordon for further information and to purchase tickets.

ATTENTION CORPS EMPLOYEES :

The Jadwin Building Will Be Installing a PA System

P&F Integration was contracted to install an Emergency Public Address System beginning on May 16, 2002, with work lasting an estimated nine days. There will be two access areas. They will be located within the Emergency Management Department and the guard station.

The PA system is in response to the 9-11 tragedy. "Before September 11, our biggest concern of threat was fire and we all had our designated exit routes. Now if our normal evacuation are blocked due to certain threats we will be able to make the announcement throughout the entire building so employees are able to find an alternate route to safely exit the building," LTC Flynn stated.

The worry that the PA System will be used as a personal pager is a concern from employees. LTC Flynn said the system would be used as an emergency system only.

Condolences

Sarah O. Walker,
Mother-in-law of John Hander
(EC-ES) died on April 17, 2002.
Services were April 20, 2002 at
Crowder Funeral Home.

On the morning of April
29, 2002, Linda Duhon's (retired
employee of IMO) mother
passed away. Visitation and
Rosary were held on Wednesday,
May 1, 2002 at Sacred Heart.
The funeral was also held at
Sacred Heart on Thursday at
2:00 p.m. Linda and family
solicit your prayers in their time
of
bereavement.

Reggie Thomas (LO)
mother-in-law had passed away
on May 2. Please keep Reggie
and his family in you prayers. Her
name was Teresa Tillman. Ser-
vices were held at St. John
Church.

The morning of May 10,
2002, at 8:45 am, Marge
McLendon of Canyon Lake,
Texas went home to Heaven. She
is the mother of Colorado River
Locks Operator, Ronnie Weaver.
Graveside services for her will
held Sunday May 12, 2002 at
3:30 pm in Satler, Texas. The
family request no flowers or
plants. Please keep Ronnie and
his family in your prayers during
this especially difficult time in their
lives.

Angela Zahid (CO),
father passed away on April 27th
in El Paso, Texas. Please keep
Angela and her family in Prayers

Rickey Tryal's (AO-N)
dad passed away on April 17.
Please keep Rickey and his family
in your thoughts and prayers.



Wattie Bickham, of the Port
Arthur Project Office, brother
has passed away. Please keep
Wattie and his family in your
thoughts and prayers.

Josie Falter, Mike
Castelline's (EC-EG) sister-in-
law and Michele Castelline's
(PAO) aunt passed away in a
tragic car accident on the
morning of April 29, 2002.
Services were held in Alice,
Texas on May 4th. Please keep
the family in your thoughts and
prayers.

Arthur Barrera, a retired
Corps employee, has passed
away. Art worked for the
Galveston District for several
years and ended his career as the
Brownsville Area Engineer.

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intended fit with virtual no ride-up on the child while wearing the device is a desirable feature.

The Type V Swimwear Flotation Device was designed for children only. It was tested to the same standards as a Type III Flotation Aid except it was tested in its "end of service life" condition. Based on the natural aging characteristics of nylon/lycra fabric, a fading point has been established to notify the user of when to replace this device.

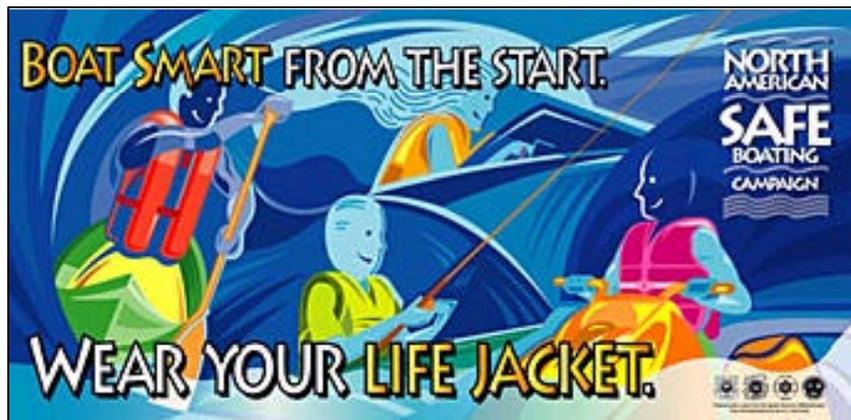
When any portion of such a device fades to the color of the inside label, the consumer must replace it as it no longer meets U.S. Coast Guard strength requirements.

A Type V Swimwear Flotation Device provides the same protection as a Type III Flotation Aid, however, it must be worn at all times to satisfy the requirements for carrying a Type III PFD. Its intended uses include general boating and high performance water sports including water skiing, wake boarding, knee boarding and personal watercraft. It is

appropriate for calm, inland waters, or where there is a good chance for fast rescue.

Currently Future Products Corporation is the only manufacturer of a Type V Swimwear Flotation Device. They offer it under their trade name "Aqua Force" in a boys version with little legs and a girls version. It comes in four sizes Small, Medium, Large and X-large. The following chart (page 9) specifies the weight range, apparel size and approximate age. Be sure to select the right size and not one the child will eventually "grow into".

When selecting a swimwear flotation device, choose the size that accommodates the child's weight, but have your child try the device on to assure a snug fit. due to the lycra fabric, this device hugs the body. if your child weighs slightly below the lowest poundage indicated by the size, select the next size down. Looseness in the shoulders or within the body of the suit probably means the device is too big!!



Upcoming Events

May 27

HOLIDAY

Memorial Day

May 30

Rich Rodakowski

retirement party

1:30-3:30 p.m.

June 3

Maj. Hanus's First Day

June 12

PRB

June 14

Engineer Day

Main Conference Room

June 16

Father's Day

June 19-20

SWD PRB/BOD

Dallas

June 27

"Tanner" Christening