

Partners: Corps, Los Angeles County break ground for restoration project

By Jay Field

LOS ANGELES — U.S. Army Corps of Engineers Los Angeles District and Los Angeles County officials broke ground Feb. 22 on a project designed to restore degraded habitat in the San Fernando Valley.

Supervisor Zev Yaroslavsky, Public Works Deputy Director Mark Pestrella and District Commander Col. Mark Toy ceremonially turned dirt for the start of the \$7 million Tujunga Wash Ecosystem Restoration project that will extend greening along the sides of a 3/4-mile stretch of concrete channel that carries runoff from Hansen Dam to the Los Angeles River.

Corps contractors will construct a meandering manmade stream, complete with native riparian vegetation and pedestrian pathways, on the west bank of the



The Tujunga Wash Ecosystem Restoration project (left) will connect to the county's Greenway Phase I project (right), just to the south, which was constructed in 2007. When combined with the Corps' earlier Greenbelt project, the efforts will create a riparian habitat corridor nearly 2.5 miles long, from Sherman Way to Chandler Blvd. (USACE photo by Jay Field)

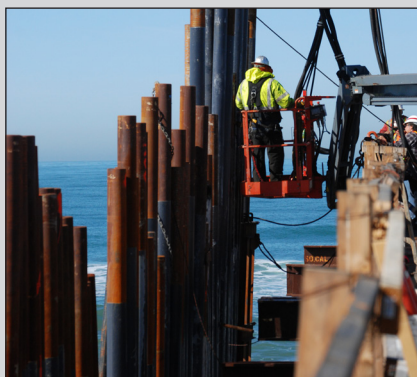
channel between Vanowen St. and Sherman Way. The east bank will be planted with native, drought-tolerant perennials and shrubs. The restoration project will connect to the county's Tujunga Wash Greenway project just to the south, creating a riparian

habitat corridor nearly 2.5 miles long.

"Every segment of this wash that we've restored has had their neighborhood just thrilled with the beautification," said Yaroslavsky. "It's just an improvement of the quality of life."

Community residents Stan and Lynne Friedman, among the nearly dozen community members in attendance at the ceremony, couldn't have agreed more with Yaroslavsky. They've lived along

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Imperial Beach surf fence overcomes unforeseen obstacles. Page 2



San Clemente Border Patrol Station officially opens. Page 4



District manages more than 250 recruiting station leases. Page 5

Surf fence overcomes unforeseen obstacles

By Greg Fuderer

IMPERIAL BEACH, Calif. — On a temporary pier 15 feet above the Pacific Ocean, the worker guides a piling toward the template that will hold it in place for the crane to pound it into the water below.

One after the other, the pilings wend their way 300 feet out into the ocean, completing the westernmost extension of the border fence that separates Mexico and the United States.

The work presents a unique set of conditions markedly different from constructing the segments of the fence that are on land.

"It's different working in a surf zone," said Chuck Mesa, a coastal engineer with the Corps' Los Angeles District. "You have to work with tides and sediment transport. The beach will change over time, and that affects project design and construction."

There are winter storms, one of which, Mesa said, raised the

sea level to within inches of the bottom of the pier, causing a temporary work stoppage for safety reasons. It also scoured about five to six feet of beach in the construction area.

In addition to weather and geophysical conditions, the contractor also faced some man-made obstacles that impacted construction.

"The design requires the contractor to drive the piles to a certain depth," to ensure stability and longevity, Mesa said. "There are remnants of the previous border fence, and there are layers of clay beneath the sand. Both make it difficult to drive the piles and keep them in alignment."

Robert Landreth is the project superintendent for Granite Construction Company. He said the work is an ongoing struggle, with the surf and debris from the old fence making it difficult at times to maintain the alignment.

"We've never built a fence out over the sea before, so we have to work with the design," he said. "We have high surf, and the old fence forms debris at different elevations and is directly in line with where we're placing this one."

The 40-foot pilings are prepped, sandblasted, coated, and wrapped in fiber to give them a 30-year life expectancy. Compensating for the old fence and clay layers at times impacts the speed at which the pilings can be installed and their alignment and depth. Workers use levels to ensure the pilings are vertical.

"Other than that, the process is running very smoothly," Landreth said.

Seung Yoo, the Corps' construction rep for the project, said the surf fence project is essentially composed of two parts, the final 500 feet on land and an additional 300 feet into the Pacific Ocean.

Yoo said when piling placement is completed, the contractor will grout the pilings and remove the temporary pier, in advance of environmental restrictions that protect endangered species in the area.



The temporary pier enabled the contractor to overcome obstacles unique to working in a surf zone. (USACE photo by Greg Fuderer)

Wash

from Page 1

the barren channel for nearly 40 years.

"We're pretty excited about the project," Stan said. "We think it's a great idea."

"It'll be nice to look out at and take a walk in," added Lynne.

Toy told the residents and county partners in the audience that the project will effectively combine flood risk management with ecosystem restoration and recreation.

"We owe this to you, to create a community that you can walk down and enjoy the great

outdoors," said Toy. "We have so much momentum right now with the LA River Watershed, not only with America's Great Outdoors Initiative, but the Urban Waters Federal Partnership Program."

Both programs share goals that include reconnecting people to their waterways and promoting water conservation.

According to Pestrella, the project brings multiple benefits that will serve as a model for a sustainable and healthy stream system in a dense, ur-

ban area of the valley.

"That water will eventually someday become part of the drinking water here in LA," said Pestrella. "It'll also help us with pollution issues. As pollution reaches the channel and we bring the water up onto the top of the channel, it's recharged eliminating a number of pollutants before it reaches our groundwater again."

Tujunga Wash was channeled in the 1950's curbing flooding in the developing area, but also halting the wash's natural function. Some of that function will be restored, providing opportunities for migratory bird nesting,

wildlife movement, recreation and education, none of which will reduce the capacity of the flood control system.

The Corps is funding 75 percent of the project costs under its Continuing Authorities Program, Section 1135 of the Water Resources Development Act, that allows improvement of the quality of the environment in the public interest. Los Angeles County Flood Control District, which operates and maintains the wash, will fund the remaining 25 percent of the total project costs. Construction is scheduled to be completed this summer.

COMMANDER'S MESSAGE

Dear District Teammates,

As you all know by now, in Los Angeles we are "Building Strong and Taking Care of People!" This motto embodies this command's commitment to our military and Department of the Army Civilians (DACs) and the idea that PEOPLE come "first" in our organization. Not only do PEOPLE come first, PEOPLE are the foundation for everything we do! If you remember from our PEOPLE, TRAINING, and FACILITIES triangle, one of the basic building blocks in the PEOPLE initiatives is performance management. For the senior leaders in the district, we recently finished writing and submitting our performance evaluations for all of the employees in our rating chain. However, completing the written portion of the TAPES evaluation is only half of the process. In my opinion, the second half of the process is the most important part; that is, a face-to-face counseling with the rated employee.

As raters and senior raters, it is so important to give meaningful and constructive feedback to our employees. Raters should focus on an individual's "performance" and senior raters should focus on an individual's "potential." In general, I feel that raters are doing a good job in evaluating employee performance; however, all too often, senior raters are "disconnected" and are not providing adequate feedback to their subordinates. Therefore, I offer a few guidelines that each of our senior leaders should address when writing effective senior rater comments:

1. Enumeration: Where does the employee rank with respect to all of the employees that are senior rated?
2. Promotion: Should the employee be promoted to the next higher grade?

3. Performance: Briefly summarize an employee's performance (The rater should have addressed performance in depth with quantifiable comments in the TAPES form; the senior rater can provide more general comments).

4. School: What additional training or schooling should the employee receive to move up in the organization?

5. Potential: What is the employee's potential for continued service and what job is the next step for continued growth?

Effective senior rater bullet comments are shown below:

1. Mr. Alex Jones is the best employee of the 10 DACs whom I rate.
2. Promote now to GS-14.
3. Outstanding performance managing a \$300,000 construction program.
4. Send immediately to the Army Management Staff College; he will excel.
5. Superior potential; without question, a future district division chief.

Currently, I am in the middle of counseling all 23 of the military and DACs whom I senior rate. Although the process is taking a long time to complete, I am thoroughly enjoying the constructive dialogue with each of my senior ratees. Moreover, I am learning so much about each employee on both a personal and professional level. As your Commander, I urge each and every one of you to make "performance management" a priority. Bottom line, the investment in our PEOPLE is worth the time!

Warm Regards,

COL Toy



Corps of Engineers
Los Angeles District

BUILDING STRONG
and Taking Care of People!

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Border Patrol dedicates new facility in San Clemente

By Greg Fuderer

SAN CLEMENTE, Calif. — Following a 12-month, \$6.3 million construction project, U.S. Customs and Border Protection officially opened its new administration building at San Clemente Border Patrol Station with a Feb. 10 ribbon cutting ceremony.

The 14,000 square-foot, single story office and administration building has locker facilities for 189 agents and can accommodate up to 250 agents, if necessary. The structure includes 24 offices, a conference room, a muster/training room, a kitchen and a weight room. The Ross Group, of Tulsa, Okla., performed the design-build contract that included a new half-acre parking lot and a water storage tank.

"The Ross Group did an excellent job of overcoming many challenges during the design and construction phases and completed the project with minimum delay," said Greg Boghossian, who managed the project for the U.S. Army Corps of Engineers Los Angeles District, which oversaw design and construction of the facility.

The San Diego Resident Office and resident engineer Julie Martinez performed the construction quality control.

"Her team did an outstanding job of managing day-to-day construction activities for this project," Boghossian said.

Boghossian said other members of the project team, including Contracting, Finance and the Engineering Construction and Support Office from the Fort Worth District were an integral part of success of this project.

Alfaro Gonzales, the patrol agent in charge at the San Clemente Border Patrol Station, said the station is one of eight in the San Diego Sector, which stretches along the Mexican border from the Pacific Ocean to Imperial County and north to Los Angeles and Riverside County.

"Our main focus is to target smugglers along the San Diego to Los Angeles corridor," Gonzales said. "The 5 is one of the busiest freeways in the nation. We're the big daddy of border



patrol stations. It doesn't get any bigger than San Clemente Station." Alfaro Gonzales (right), the patrol agent in charge, cuts the ribbon marking the completion of construction of the San Clemente Border Patrol Station along Interstate 5 just north of U.S. Marine Corps Base Camp Pendleton. The station is one of eight in the San Diego Sector, which stretches along the Mexican border from the Pacific Ocean to Imperial County and north to Los Angeles and Riverside County. (USACE photo by Greg Boghossian)

patrol stations. It doesn't get any bigger than San Clemente Station."

Border Patrol agents conduct vehicle inspections on the highway next to the station, but Gonzales said it is impractical to conduct them continuously because of the impact on traffic.

Gonzales said success with traditional enforcement methods has led smugglers to increase their offshore attempts. Smugglers often use 20-40 foot, open-hulled fishing boats, often going more than 100 miles out to sea to avoid detection.

"So now we use ocean and coastal enforcement also," Gonzales said. "Our responsibility is much greater than it was two or three years ago."

Gonzales said agents have seized 20,000 lbs marijuana so far this year, surpassing last year's total, and that smuggling events on water are up 42 percent.

"We expect to double last year's apprehensions of 3,000 illegal aliens," he said.

The San Clemente Station serves a critical function in maintaining the nation's border security. It has grown from a trailer on the side of the highway to a modern structure from which agents coordinate their activities to combat the smuggling of humans and contraband.

"When I started here in 1985, we worked out of a single-wide trailer," Gonzales said. Over the years, the office grew to a triple-wide but fell far short of providing a safe, functional working environment for the agents.

"I leaned over to pick up some paper off the ground, and my hand went through the trailer wall," Gonzales said. He doesn't expect to experience anything similar with the new administration building.

"For us to get quality of this type is very much appreciated," Gonzales said. "It's like a festive mood because of the building, like a new beginning. It's clean, well-built, but not expensive. We've put the money we have to very good use. This is refreshing."



Construction on the 12-month, \$6.3 million San Clemente Border Patrol Station project is seen in its early stages. The Ross Group worked closely with U.S. Customs and Border Protection to modify design of the 14,000 square-foot, single story office and administration building to meet the agency's needs. (USACE photo by Greg Boghossian)

Corps and recruiters open new career center in Santa Clarita



Recruiters representing the four services use a saber to cut a cake in celebration of the grand opening of a new Armed Forces Career Center. (USACE photo by Jay Field)

By Jay Field

SANTA CLARITA, Calif. — Nearly 100 future service members took the Oath of Enlistment Feb. 24 in a roped off parking lot of the Westfield Valencia Town Center mall in front of the Armed Forces' newest Career Center.

The future Soldiers, Sailors, Airmen and Marines stood at attention and raised their right hands as a Marine Corps captain led them in reciting the oath before family, friends and dignitaries gathered for the event.

"We have a long tradition in our community of service to our country through the men and women and their families who call Santa Clarita their home," said Laurie Ender, Santa Clarita mayor. "The opening of the new Armed Forces Career Center ensures that future generations will continue this service and carry on the values of honor, loyalty and commitment to our country, so well exemplified by your parents and your grandparents."

The opening of the career center also featured an Air Force JROTC color guard and a choir from nearby Valencia High School, as well as a dazzling array of equipment on display, including audio-visual laden Hummers, a mock jet fighter and a climbing wall.

The 5,147 square foot career center features facilities for all four services, with the Army getting the most space to accommodate its Pinnacle design, according to Corps realty specialist LaShawn Richardson.

"They consolidate all their substations into one big station so that they can just process you here, instead of going from

station to station to process into the military," said Richardson.

Like most real estate principles, location played a big part in the selection of the mall as the site for the career center.

"Right behind it is the food court, so it's easier for people to see the space," said Dustin Ku, Corps realty specialist. "All their business is walk-in traffic, so foot traffic is most important."

Each service has its own storefront, whereas in many locations they're co-located with a single entrance. For cost savings, they share a common area behind.

The recruiters recently moved from their original location in a small strip mall three-and-a-half miles away in Canyon Country. Realty specialists said the lengthy relocation process included market research, locating suitable properties and requesting proposals from property owners before the Corps and recruiters selected the Valencia Town Center mall as the home of the new recruiting station.

"This new career center is a great example of how the Corps is 'Building Strong and Taking Care of People,'" said Lt. Col. Steve Sigloch, Los Angeles District deputy commander. "Delivering quality facilities is key to recruiting and retaining the high quality service members we need in today's Armed Forces."

The Los Angeles District manages more than 250 recruiting station leases throughout Southern California, Arizona and Nevada, as part of the Department of Defense Recruiting Facilities Program. The leases are valued at more than \$30 million and cover nearly 650,000 square feet of space, roughly three-fourths the size of the Los Angeles Convention Center.



Los Angeles District realty specialists Dustin Ku, LaShawn Richardson and Royal Cochran pose for a photo at the grand opening of the Santa Clarita Armed Forces Career Center at the Westfield Valencia Town Center Feb. 24. Richardson received a memento of the event from the Los Angeles Recruiting Battalion. (USACE photo by Jay Field)

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Corps to build \$100 million water treatment plant

By Brooks O. Hubbard IV

BARSTOW, Calif. — The U.S. Army Corps of Engineers Los Angeles District and the Barstow Chamber of Commerce held an Industry Day at the Barstow Community College in efforts to attract potential local contractors for a \$100-\$120 million water plant for Fort Irwin and National Training Center Feb. 22.

The facility is expected to provide more than five million gallons of water per day to the inhabitants of the NTC with construction beginning this summer.

Fort Irwin Garrison Commander Col. Kurt Pinkerton welcomed the attending contractors and spoke to them about the need for the new facility.

"What I wanted to do when we first met with the Corps was ensure that we had a quality product that was built," said Pinkerton. "But as important to me was to try and figure out a way to keep it [project related jobs] in the local community."

According to Pinkerton, 50,000 soldiers train at the center annually and 85 percent of the permanently assigned community live on the post, which adds up to a very significant amount of water consumed and used for day-to-day operations.

"The WTP (water treatment plant) is critical to the life span of the NTC," said Pinkerton.

The post population will increase to 95 percent, but construction of the final phase of family housing can't be done until the water treatment plant is completed to provide water to the additional housing.



Potential contractors inspect one of the Fort Irwin water booster stations. The U.S. Army Corps of Engineers and the Barstow Chamber of Commerce held an Industry Day at the Barstow Community College in efforts to attract potential local contractors for a \$100 million water plant for Fort Irwin and National Training Center Feb. 22. (USACE photo by Brooks O. Hubbard)

The three-year construction project will replace the current multi-treatment system as well as use new technologies to process the water to meet state and federal standards.

Lt. Col. Joseph Seybold, the water treatment plant project manager with the U.S. Army Corps of Engineers, said Fort Irwin requires the process to have a minimum 99.6 percent water recovery rate necessary to conserve as much as possible of the area's limited water resources.

"The new WTP will utilize a single water electrodialysis reversal technology to purify the water to achieve the post's

99.6 percent water recovery rate," said Seybold. "EDR separates contaminants from clean water through an electrochemical process."

The current process uses reverse osmosis to treat drinkable water, and is one of three water systems in operation at the post.

Immediately after the project introduction and overview session, attending contractors got a firsthand look at the current systems and equipment.

"I think this is a great effort on the part of the Barstow Chamber of Commerce and Fort Irwin facility to get

everybody together and give an advanced understanding of what the job is about," said Gary Silverman, director of design engineering, Filanc Construction. "This [Industry Day site tour] gives us a chance to give some thought into how to propose in a responsible way."

The project also includes water system improvement and supporting utilities and infrastructure upgrades.

All information concerning project milestones and proposal information can be found at the Federal Business Opportunities website (<https://www.fbo.gov>).

EQUAL EMPLOYMENT OPPORTUNITY

Black Women in American Culture and History celebrated



Carolynn Martin current president of the View Park Section of the National Council of Negro Women speaks at the District's Black History Month observance Feb. 23. (USACE photo by Dave Palmer)

By Dave Palmer

LOS ANGELES — In his proclamation for this year's National African American History Month, President Barack Obama stated that the achievements of African American women are not limited to what has been recorded or retold in our history books.

"Their impact is felt in communities where they are quiet heroes who care for their families, in boardrooms where they are leaders of industry, in laboratories where they are discovering new technologies, and in classrooms where they are preparing the next generation for the world they will inherit," said Obama.

For the Los Angeles District's observance held Feb. 23, the

Black Employment Special Emphasis Program committee chose a woman as keynote speaker who exemplifies service to family and community.

Carolynn Martin introduces herself as a mother, grandmother and community activist of 40 years. She is the current president of the Los Angeles View Park Section of the National Council of Negro Women.

"Our founder envisioned an organization of organizations... we have 240 sections worldwide," said Martin. "However, we have 28 affiliate organizations that are part of our organization. The idea was not to re-invent the wheel, we wanted to have a platform so all women's organizations could speak."

NCNW was founded in 1935 by Mary McLeod Bethune a child of slave parents who distinguished herself as an educator and consultant while serving on FDR's Black Cabinet.

"For us at View Park, our signature programs are HIV prevention and education for women and girls and a program that I love, the Phoenix Leadership Academy for girls."

The Phoenix Leadership Academy is a summer program for girls ages 8 to 13. The academy's stated purpose is to develop leadership skills while focusing on prevention of juvenile crime, disease, teen pregnancy and enhancing academic achievement.

Martin handed out a flier for her section's next big event, "Rock the Red Pumps", which is part of the National Women and Girls HIV/AIDS Awareness Day Campaign on March 10. According to the CDC, the estimated rate of new HIV infections for black women is more than 15 times as high as the rate for white women, and more than three times as high as that of Latina women.

"The funding for HIV prevention, STD prevention, unplanned pregnancy (prevention) is almost nothing in California," said Martin. "Those are the subjects that we talk about and why we do 'Rock the Red Pumps' to attract young women, because you know, a message from a young woman to another young woman might be more effective."

Martin made it clear that volunteers of all races and genders are welcome, stating that their programs have a positive impact on all of society; it's the community working for the community.

On the theme, District Commander Col. Mark Toy said that this year's campaign really resonated with him. He described the person he considered to be the most influential leader of his career... a strong, African American woman.

"For me, that battalion commander who was my best battalion commander was Lt. Col. Yvonne Prettyman-Beck," said Toy. "When you think about what we're doing here in Los Angeles, the motto that we have, 'Building Strong and Taking Care of People', I have to say that idea about taking care of people had its infancy with Lt. Col. Prettyman-Beck and how she treated me. She showed me what right looked like."

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BUILDING WELLNESS

Bread is the #1 culprit of daily salt intake

By Cecy Ordonez

LOS ANGELES - The Centers for Disease Control and Prevention released new findings on Feb. 7 that included a list of the top 10 sources of sodium in the American diet. The surprising find is that bread and rolls are the number one source of salt, accounting for more than twice the sodium of salty junk foods like potato chips! Even more surprising is that the salty junk food (pretzels, chips and popcorn) is actually at the bottom of the list!

Although the amount of sodium per slice of bread is less than a serving of potato chips, Americans tend to consume more bread on a daily basis which then adds to our daily salt intake. Basic U.S. dietary guidelines recommend that adults get less than 2,300 milligrams of sodium each day. These basic guidelines apply to less than a third of Americans because

70 percent of the population is either middle-aged, elderly, or African-American and should consume less than 1,500 milligrams of sodium per day. But, the average American gets more than twice the recommended daily dose of sodium - 3,466 milligrams of sodium per day! This translates to many of us being at risk of raising our blood pressure which in turns makes us dangerously at risk for heart disease, stroke, and kidney disease.

What can you do?

Start by reading the nutritional fact labels. When you go grocery shopping, stay on the outer perimeter of the grocery store where the natural foods are: vegetables, fruit, meat and dairy. Eat less processed food. If you are using canned vegetables or beans, rinse them with water before cooking. Small changes in our daily routine can add to a better-feeling, more energized, healthier you.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

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SAFETY

What is Carpal Tunnel Syndrome?

By Steve McCombs

LOS ANGELES —This annoying little condition has been around now for decades, but often it doesn't get much press. So I thought I'd put on my "science guy" hat and give you a layman's lesson. You definitely want to avoid this problem, so have a good look!

Unlike Carpool Tunnel Syndrome (which is when you and your co-workers are stuck in traffic at the I-10 and PCH merge) Carpal Tunnel Syndrome (CTS) is an ergonomic injury to one of the three nerves that run down into your hand. Check out the anatomy picture, bottom left.

As you can see, the Median Nerve runs through some of the structures in your wrist. Notice those tendons right next to the Median Nerve? Well, those tendons and the nerve go through the "Carpal Tunnel" to which the syndrome refers. Each time you move your wrist around, those tendons also move. This is normal body function.

What usually happens in CTS cases is the wrist is bent backwards for extended periods of time (like typing all day on a keyboard with your wrists bent) and the structures inside the tunnel become irritated and inflamed due to repeat movement. This irritation and inflammation also impinges on the Median Nerve, causing the pain and tingling sensation

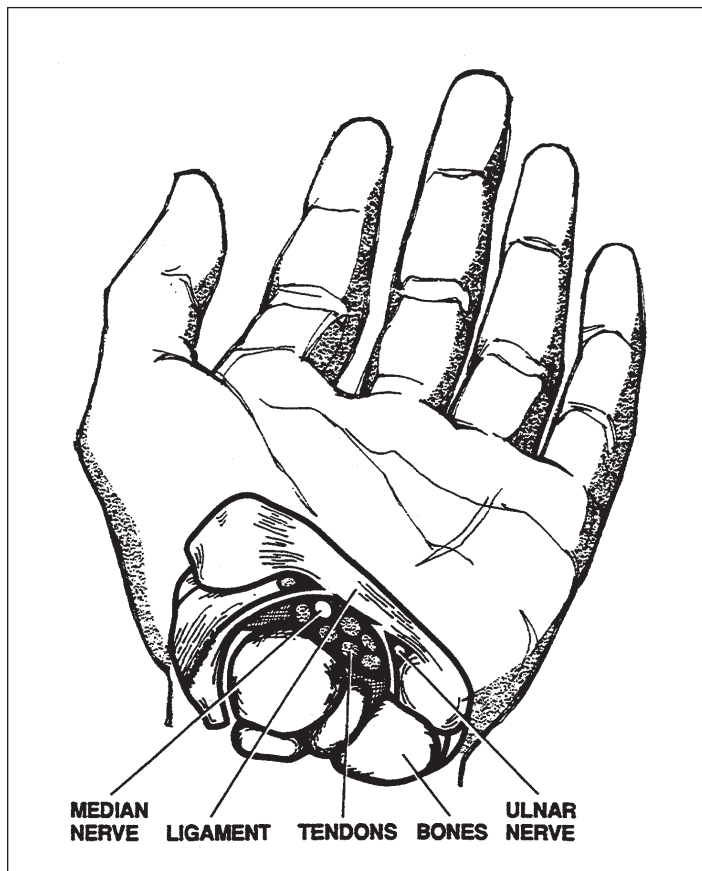
associated with CTS. If left untreated and the stressors not removed, CTS can severely damage your hand. Ergo, you need to know the ways to avoid it.

The best thing to do to avoid CTS is to have a good posture in your wrists while you are typing. The second illustration, bottom right, is just one way – but the point is to keep your wrists straight! This helps relieve the pressure. Frequent stretching and changing to other activities is also of benefit. Secondly, listen to your body. If you start having symptoms, don't wait until it becomes unbearable. Stop and get in touch with your friendly neighborhood safety bubba! We are here to help – "Safety Strong, People Always" – as our motto goes. We can check out your workstation and point you in the right direction, and are both happy and honored to do so.

Now, this little article is not meant to be the "end-all, be-all" on this subject. It's just a little poke to get you thinking. So, for a very good read let me take you to the National Institutes of Health website on the subject at: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001469/>

Take 10 minutes out of your day and read the whole article. You might just save yourself or your co-workers an avoidable case of "I-Do-Not-Like-This."

And, as always, drive safe, drive sober and buckle up!



USACE celebrates National Engineer Week with school outreach

By Tracy Robillard
Savannah District

SAVANNAH, Ga. — Members of the U.S. Army Corps of Engineers Savannah District visited Jenkins High School as part of the nationally-recognized Engineer Week observance, Feb. 23.

The purpose of the visit was to inform students of the wide array of career options related to math and science, and to encourage them to pursue college educations and seek employment as engineers of the future.

Lt. Col. David London gave an enthusiastic welcome presentation to each group of students throughout the day. He gave examples of projects the Corps of Engineers is involved in---from the Savannah Harbor to military construction to cleanup of formerly-used defense sites.

The students rotated through various stations that highlighted math and science careers at the Corps-hydraulics and hydrology, geology, natural resources, master planning, sustainable building design, and electrical



U.S. Army Corps of Engineers Park Ranger David Quebedeaux of the J. Strom Thurmond Dam and Lake project explains wildlife management practices to Jenkins High School students in Savannah, Ga., Feb. 23. Quebedeaux's visit was part of the Corps of Engineers' initiative to inform students of the wide array of career options related to math and science, and to encourage them to pursue college educations and seek employment as engineers of the future. (USACE photo by George Jumara)

engineering. The team brought in a large, interactive flood-plain model from the Corps' Jacksonville District. Equipped with storm sound effects and flowing water, the model demonstrates various flood damage prevention techniques.

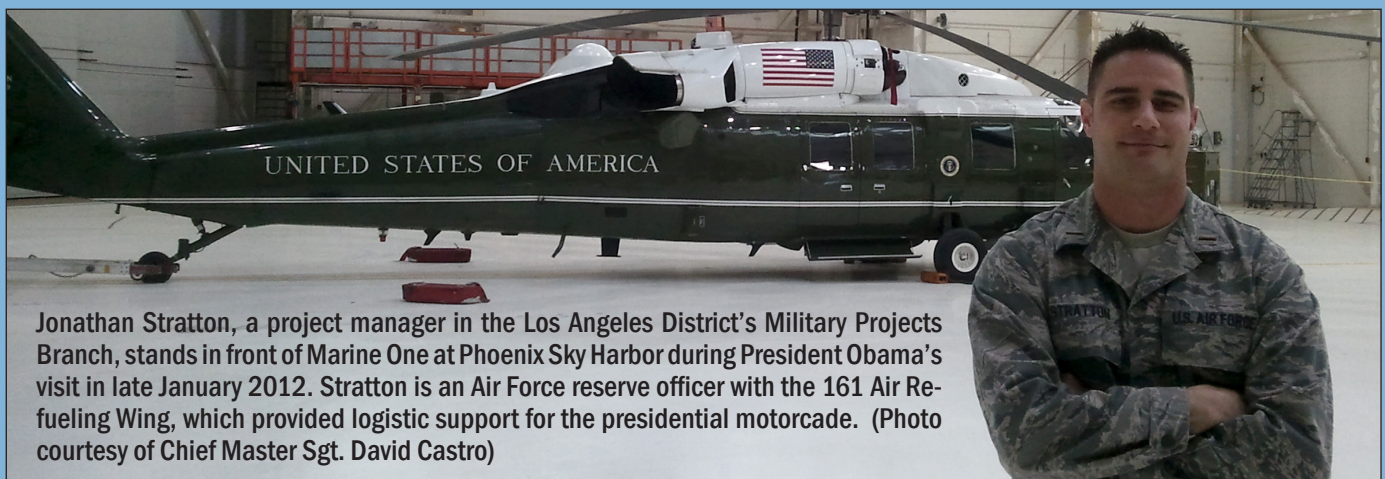
Students got to hold sample pieces from the Floridian Aquifer, a source of drinking water for the

Savannah region, while learning about geology and the Savannah Harbor Expansion Project. They saw deer antlers, animal pelts and forest items while learning about natural resource management at the Corps' dam and lake projects. They tested their knowledge on a "checklist" of sustainable building features while learning about the Leadership

in Energy and Environmental Design (LEED) rating system.

The National Engineer Week observance celebrates the positive contributions engineers make to society and is a catalyst for outreach across the country to kids and adults alike. Engineers Week is part of many corporate and government cultures and is celebrated on every U.S. engineering college campus.

Project manager supports presidential visit



Jonathan Stratton, a project manager in the Los Angeles District's Military Projects Branch, stands in front of Marine One at Phoenix Sky Harbor during President Obama's visit in late January 2012. Stratton is an Air Force reserve officer with the 161 Air Refueling Wing, which provided logistic support for the presidential motorcade. (Photo courtesy of Chief Master Sgt. David Castro)

SECURITY



Watch This

"Standalone" may not be as
alone as you think



Army
StrongSM

U.S. ARMED FORCES RECRUITING STATION



ARMY * NAVY * AIR FORCE * MARINES

Don't be a Soft Target

We've learned many things from prior attacks. Terrorists target Army installations and facilities; and they reconnoiter a target before they attack. Standalone facilities—inherently vulnerable—rank among the likeliest targets. But they don't have to be *soft* targets.

Be alert at all times for suspicious activity such as a person lingering curiously near an entrance or one asking unusual questions about a facility. Do that and your ordinary daily routine becomes part of a crucial Army-wide mission: protecting our Army community at home like we do abroad.

Always Ready, Always Alert
Because someone is depending on you



AROUND THE DISTRICT

Corps continues Building Strong in Arizona

By Daniel J. Calderón

PHOENIX — The U.S. Army Corps of Engineers Los Angeles District is moving ahead with several projects in Arizona after receiving funding in the new budget.

The Santa Cruz River Watershed project is one project in the central Arizona region which received \$150,000 as part of the Energy and Water Development Appropriations Act, 2012, Division B of Public Law 112-74, Investigations, National Programs, Floodplain Management Services allocation. Kim Gavigan, P.E., CFM, a supervisory civil engineer for the District and a National Pilot Program Manager for the Corps, said the study will be conducted as part of the U.S. Army Corps of Engineers Flood Plain Management Services Program.

“The objective of the FPMS Program is to foster public understanding of the options for dealing with flood hazards and to promote prudent use and management of the Nation’s flood plains,” he said. “The study will begin with basic data collection and stakeholder coordination to characterize the relative flood risk in the Lower Santa Cruz River Watershed.”

The District will conduct the study this year and will be collecting existing floodplain management related data from Federal, State, County, and local entities such as hydrology, hydraulic modeling, historical flood records, and other relevant data.

In Nogales, on the U.S./



The U.S. Army Corps of Engineers Los Angeles District received \$340,000 to continue the Little Colorado River at Winslow Feasibility Study. The study is designed to investigate alternatives for reducing the flood risk to the Winslow Community. (USACE photo by Daniel J. Calderón)

Mexico border, the District has received \$2.53 million to construct the bridge on old Tucson Highway across the Nogales Wash and to construct the channel just upstream.

In 2010, The Santa Cruz County Board of Supervisors voted unanimously to transition the Nogales Flood Risk Management Project to early termination; however, the District is moving forward to replace the bridge it removed during the course of the work. Once the bridge is complete, residents and businesses in the area will have easier access to the main road and to emergency services.

In a city made famous by a song from The Eagles, the

Corps received \$340,000 to continue the Little Colorado River at Winslow Feasibility Study. The study is designed to investigate alternatives for reducing the flood risk to the Winslow Community. The study area includes the City of Winslow and the mainstem of the Little Colorado River from the confluence with Chevelon Creek downstream to the northern end of the Winslow Levee.

“The study is important because the existing Winslow levee has been decertified,” said Rich Legere, water resource planner for the District. “The levee has failed twice in the past. With this funding, we’re able to continue our studies unconstrained into Fiscal

Year 2013 and formulate a preliminary array of flood risk management alternatives.”

The study area includes approximately 25 square miles of land area and 18 miles of the LCR mainstem. Levee failure is complicated by reduced channel capacity, sediment deposition and salt cedar growth.

Throughout Arizona and across the District, each project represents an opportunity for the District to take care of the people in the project’s or study’s affected area. Assets managed by the Corps, valued at more than \$165 billion, generate American jobs, facilitate imports and exports, and contribute to a stronger economy.

Kevin Inada Golf Tournament



Los Angeles District Golf Club

Date: March 16, 2012

Time: 9:00 AM

In honor and memory of our good friend and colleague, Kevin Inada, we are holding a tournament in his name at Griffith Park's Wilson Golf Course.

This tournament will raise money for the Engineer Day Picnic but, you can also contribute money separately from this event to the American Heart Association in Kevin's name.

The entry fee will be \$50.00 for each person to walk.

We will have a low gross score and a "closest to the Pin" trophy.

The hole will be chosen at the discretion of the chairman.

To RSVP for the event please contact:

Dan Sulzer, 213-452-3784

(First sign-up cutoff Mar. 5)



FINAL WORD

Is my music really part of “the oldies” now?

By Daniel J. Calderón

If anyone out there hasn't heard the song, “1985” by Bowling for Soup, stop for just a few minutes and find it on YouTube. Go ahead. I'll wait for you right here. Found it? Listened to the words? Just the tune and turned it off? Hmmm. Well, you have to listen to the words. They matter for this one. Go on and listen again. Got it? The words, too? Cool. Let's move on.

Sorry to those of you who have heard the song. I wanted to make sure everyone was on the same page.

Not long ago, I was talking with my kids and their friends. We were at the house and I was playing some tunes. I think it was some Journey that came on and one of my son's friends remarked how his parents liked oldies too. That statement stopped me in the middle of whatever I was doing at the time. I turned and looked. I think my kids knew something was up since I had been talking about something else when he said that.

“That's Journey,” I said. “Those aren't oldies.”

“Well,” my son replied in defense of his friend, “It's oldies to us.”

It wasn't a smart-aleck (because this is a family publication) remark. It was an honest one and it made me think. Journey's “Escape” album (back when there were actually albums) came out in 1981. 1981 was more than 30 years ago. When I was a kid, songs like “Rock around the Clock,” “Johnny B Goode” and “The Wanderer,” which had all come out in the 50s and 60s, were considered oldies. My son pointed out that, at the time, they were usually between 25 and 35 years old. Holy Irony, Batman! My music fell within that range.

I thought about other music I listened to with my kids – Lynyrd Skynyrd, Queen, Abba, CCR, Styx, Journey, Huey Lewis, Prince and an array of other musicians and groups from my youth. I thought about dances I used to go to when I was younger and fashions that were in at the time. I thought about the movies, the stars of the day and I realized they were right. My music had fallen into (by accepted definition) the realm of oldies. It was but to laugh.

I got to thinking of the way of things in the world. I thought about my choices and my paths in life since songs my kids call oldies were my “top 40” hits. Just over the past 30 years, the music has changed considerably. I could be an “old fogie” (do kids today even know that term?) and just put a blanket statement out that all the music nowadays isn't as good as it was then. For some, that would be a perfectly valid idea.

Some folks would completely agree Lady Gaga, or synthetic “music” put out by Disney's latest created star isn't up to the standards set by the Rolling Stones, Van Morrison or even Van Halen. They'd lament over the dearth of true musicians

and real performers and wonder how vapid imitators took center stage with little more than glorified karaoke skills. I can understand that point.

Others would argue that music has to change to remain current. They might say that Selena Gomez, LMFAO and Justin Bieber are the way forward. They might further argue that Madonna, Elton John and Rick Springfield should take their Geritol (or is Ensure the “it” drink of the elderly now?) and just quietly observe the music scene they were once a part of as it moves farther and farther beyond them. I can understand the point of progress.

However, for me, the way is somewhere in the middle. I guess I'm more of a Rush thinker (from their song, “Free Will”) in that I believe “If you choose not to decide, you still have made a choice.” I think if you choose not to pick anything, you've chosen poorly. One of our basic skills as people is

to decide our own fate; and, one of the basic tenets of being a thinking individual is to accept the results of those choices.

I choose to hang on (much like the Bellamy Brothers' “Old Hippy”) to the old and tentatively embrace the new. I will keep, for the most part, the music from before 1990 close. I hear a lot coming from my kids' iPods and most of it does sound like tone deaf yowling cats with some kind of bowel distemper. Some of it is pretty good, though. I'll admit I won't buy a modern (that's a funny word for me to use) album -- mainly because I can't buy an album anymore. If I want recent music, I have to buy a CD.

I guess nowadays, I can get online and just buy individual songs. I understand the value of that... benefit, I guess is the word that I'm supposed to use. But, I miss having little surprises on albums. I miss hearing songs that the radio didn't just play and play and play until I got tired of hearing it. I miss discovering the little gem that didn't really see the light of day. I think that's missing in the “buy one song at a time” online experience.

So, I hold on to the music of my youth. Like almost anything seen through the proper glass, the past (musically speaking) does seem idyllic in comparison with what's out there today. With good music, I can recall good memories. My past isn't perfect; but, it's mine. It's where I lived, where I grew up, where I learned to be the person I am now. I'm not perfect, but I am proud of where I was, where I am and I am curious to see where I will be. I'll keep an ear out for any little tunes that might catch my attention and add them to my aural list.

If I don't, I run the risk of not only “watching the wheels,” but getting run over by them. Progress happens whether we like it or not. Change is the only constant and how we can integrate the new with the familiar goes a long way to determining how happy we'll be with the present in the future. Just a thought...



Women's History Month

...To ignore the vital role that women's dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us - and those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.

Virginia Woolf

I'M NOT
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LOUISA MAY ALCOTT

Women's Education- WOMEN'S EMPOWERMENT