

*Santa Ana Air Base Historical Site Dedicated*

# **Eagle's Vision** by COL Mike Robinson, District Engineer

Many people look to the summer months as a time to kick back and relax. That has hardly been the case the past month in the District. It's taken the time and efforts of all our District team members to pull us through these hectic last few weeks.

June started off with all our LA employees finally relocated in one building. The move took place with no major incidents, thanks to the organization and tireless efforts of the Hector Angeles, Rosemarie Sandoval and the whole relocation team. It's not easy moving over 600 employees from offices we've occupied for 30 years, but over all, the transition went smoothly.

No sooner had we settled in, than we received back to back visits from the Deputy Assistant Secretary of the Army (Civil Works-Policy & Legislation), Michael Davis, June 11-12, and then the Assistant Secretary of the Army (Civil Works), the Honorable H. Martin Lancaster, June 18-19. Both assistant secretaries received our command brief and visited the Los Angeles and Long Beach ports. Assistant Secretary Lancaster also toured Seven Oaks Dam, which we manage as part of the Corps' largest civil works project. During his visit, he encouraged us to promote the Corps' reputation in environmental matters and to find ways to shorten the time required to conduct feasibility studies.

Another activity that took place June 11-13, was the 63rd Coastal Engineering Research Board meeting, which we hosted in San Diego. The CERB brings together Corps experts on coastal engineering, decision-makers in local and state government; other government agency representatives, educational researchers, and citizens from action and environmental groups. Mandated by Congress, it holds a public meeting twice a year to formulate advice for the Chief of Engineers regarding Corps management of the nation's coastlines. LTC Dittman and Art Shak, Coastal Engineering Section Chief, and all the CERB team players did a great job coordinating and organizing L.A. District support for the meeting.

We also participated in the ASCE (American Society of Civil Engineers) 1996 North American Water and Environment Congress in Anaheim, June 22-28. We moderated two panel discussions on the Santa Ana River Mainstem Project. Our engineers on each panel discussed the design, floodplain management and benefits of the project for local citizens. Also, Jim Crum gave a presentation on a computer tool developed as a training aid for channel design.

Besides "blowing our horn" to external audiences and hosting dignitaries, we had the chance to show off to our

families, friends and customers at the District Open House, June 26. Four hundred guests took the opportunity to tour our new facility and meet their Corps business contacts, family members or fellow employees. Prior to the start of the Open House, we had an official ribbon cutting ceremony for all employees commemorating the event followed later by a ribbon cutting to open the Fitness Center. Many kudos goes to our Public Affairs Office for helping to coordinate the event and all the team members who were such gracious hosts.

That same week, we took our celebrations away from the downtown area to Griffith Park for the LA District Annual Picnic. The picnic committee, headed by LaShawn Jones, did a superb job of fundraising and planning picnic activities. The Hispanic Employment Program Taco Plate fund-raiser was a big success and helped a lot folks (including myself) out with their lunch for the day. We can thank the MWR committee for donating the big screen TV grand prize for the raffle. To our raffle winners -- congratulations; to those who didn't win -- better luck next year!

Attendees could also chose to participate in a number of athletic games or simply sit back and enjoy the music. Children also had plenty of entertainment with stories by a troop of pirates and a number of games. Feedback from the picnic was very positive; everyone seemed to have a good time. I was happy to have the opportunity to recognize many of our Corps team members for their years of federal service. This is a yearly event you shouldn't miss. Again, thanks to our planners for organizing everything -- we all had a great time!

With all the different activities going on, we were unable to hold all of the planned events celebrating Asian-Pacific month. However, I hope many of you attended the commemorative ceremony, the Bonsai Class presented by Tom Eng, a retiree from Engineering Division, or visited the Japanese Garden in Van Nuys, developed as a result of a water reclamation engineering project. We continually like to pay tribute to the cultural diversity that forms the foundation of what makes us a great organization.

That's a quick look back at the past couple months. Now I'd like to take a moment to look ahead a bit and discuss what I see as our next big challenge.

To make progress and to stay great, an organization also has to change. This is one of the three by-words of what successful businesses and the Department of Defense are doing today, faced with fluctuating economies and shifting priorities



## **The Newcastle**

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*The Picnic Committee, members and volunteers, were recognized with an appreciative round of applause. They were (from left): Leti Manley, Dan Carrasco, Bridgett Hollier, La Shawn Jones (all of Contracting), John Sunshine (RE), Joanne Murphy (IMO), Mike Sánchez (HR), César Ojeda (RMO), Jennifer Delgado (Engr.), Ed Kohnman (C-O), and Lety Zarate (Contracting). At far right is District Engineer COL Michal Robinson. Other members and volunteers (not pictured) are Margie Tizón (PPMD), Sandra Estrada (Planning), Mel Kirkland (Fit-to-Win), Mark Harvey (C-O), Bob Stuart (PPMD), Phil Serpa (Counsel), Tony Richardson (Engr.), Gabby Paredes, Sandy Oquita (Contracting), Gus Ruiz (LMO), Misty Espinoza (Planning), Gina Trujillo (PPMD), and Blanche Merrill (RE).*

## **Eagle's Vision (Continued from previous page)**

since the end of the Cold War. The other two words are customers and competition. We at the district level of the Corps have been challenged to restructure the way we are organized and the way we do business in order to effectively deal with these issues. We have been asked to "reengineer" the way we currently operate.

At our Open House, I gave each of our Division and Staff Office Chiefs a copy of the book "Reengineering the Corporation," by Hammer and Champy. This book addresses some powerful notions about business practices which I believe have profound implications for our own organization. I strongly encourage all of you to become familiar with its concepts and how they can effect the way you do your work in the future. And let me encourage you all to embrace the opportunity that faces us to reengineer -- with input from everyone, we can improve our organization greatly, provide better service to our customers, and create a work environment more satisfying than we now enjoy.

People are a part of that change, too. In the immediate future, Brigadier General Bruce K. Scott will depart in August as South Pacific Division commander, after almost two years. His replacement has been named -- Brigadier General Richard Capka, currently serving as the U.S. Forces Engineer in Korea. BG Capka will assume command on 2 August. I know I speak

for all the heroes and team members here in the Los Angeles District in wishing a fond farewell and the best of luck to General Scott and a hearty welcome to our new Division commander.

One change taking place in my own office is the departure of Lieutenant Colonel Jerry Dittman, who leaves the District this summer for a new assignment in Texas. As deputy district engineer, Jerry has done an outstanding job and has been a tremendous asset in the performance of our mission here in the District. He will be sorely missed by everyone.

Thankfully, we have another great officer to take his place -- Lieutenant Colonel Wylie K. Bearup, who recently came to the District office after serving as the Arizona/Nevada Area Engineer. LTC Bearup has a Ph.D. in engineering and is a registered professional engineer. We are fortunate that we continue to have the services of such fine officers here in the District. I have every confidence that LTC Bearup will carry on in the same outstanding manner that LTC Dittman has served these past two and a half years.

And on that positive note, let me wish you all a great summer. If you will be taking vacation, as I know many are, I hope you have a great time and will pray that you return safely to your Los Angeles District family.

# Assistant Secretary of the Army (CW) visits Los Angeles District Hqs and 7 Oaks

by Norm Medland  
Public Affairs

Los Angeles, Calif. -- The Honorable H. Martin Lancaster, made a two-day orientation visit June 18-19 to Los Angeles District to meet with civil works sponsors, the Los Angeles District Engineer, and project officers.

Mr. Lancaster's first stop was SPL headquarters where he was given an overview of the SPL mission, followed by Port of Los Angeles, Port of Long Beach and Santa Ana Mainstem Flood Control project briefings.

He was accompanied by the SPD Commander, Brig. Gen. Bruce K. Scott; SPL Commander, COL Michal R. Robinson; and SPL Deputy District Engineer for Project Management, Brian M. Moore. Mr. Lancaster toured the Long Beach/Los Angeles Harbors, flew the length of the Santa Ana River, and toured Seven Oaks Dam.

Lancaster met with officials from the City of Los Angeles, and the counties of Los Angeles, Orange, San Bernardino and Riverside about civil works projects in those locations.

Talking with local Corps officials, Lancaster mentioned several items of interest; he said that budget concerns continue, however, a 20 percent cut in the Corps budget by the House of Representatives was reduced first to 10 percent, and ultimately to just five percent. Lancaster said he is trying to avoid across-the-board cuts.

Passage of the Water Resources Development Act of 1996 (WRDA 96) is an Administration priority, according to Lancaster. He said that a subcommittee included most of the initiatives in the proposed legislation, but the Auburn Dam controversy could tie up passage of the WRDA 96. WRDA 96 includes a number of proposed project authorizations and changes in LAD. News reports say that Auburn Dam will not be approved this year.

Contained in the proposed legislation are a \$5.8 million navigation project in Santa Barbara Harbor, and \$500,000 to continue the inventory of a variety of dams nationwide. The legislation proposes to modify procedure at current projects at Alamo Dam, Nogales Wash, the Tres Rios Wetlands in Phoenix, and the San Francisco River in Clifton, Ariz. It would change the cost sharing of the sewer outfall in the Los Angeles and Long Beach harbors. The legislation would authorize dredging of a navigation channel at the mouth of the Los Angeles River Estuary at Queensway Bay, and raises the cost ceiling of the San Luis Rey Flood Control Project to \$81.6 million.

WRDA 96 would require flood control studies at Nogales, Ariz. and Garden Grove, Calif., and a study of the environmental impacts associated with sediment transportation, flood flows and upstream watershed land use as it would affect Mugu Lagoon, Calif.

The proposed legislation would direct the Corps to



*The Honorable H. Martin Lancaster, ASA (CW), left, receives a Los Angeles District Lapel Pin from District Engineer COL Michal R. Robinson during his visit to the District Hqs.*

provide technical assistant to Orange County, Calif. for the relocation of California State Route 71 as part of the Prado Dam upgrade.

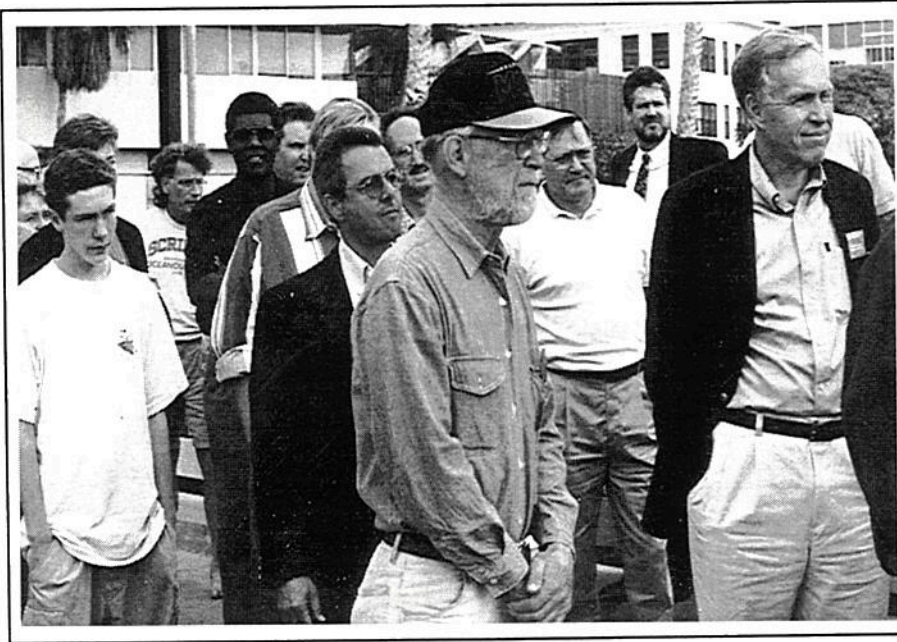
A provision of WRDA 96 would authorize more Support-for-Others at the state and local level, with a corresponding 500-person increase in Corps of Engineers full-time-exempt employees.

Secretary Lancaster says the Corps of Engineers is complimented on its works, but criticized for the length of time it takes to complete studies. He says shortening the time of studies is a top priority for him. He wants to enhance the Corps' reputation in environmental matters, and eliminate the inefficient processes when the Corps interfaces with other federal agencies, e.g. FEMA.

In an interview with the publication *Engineer Update*, Lancaster, a political appointee, said he did not come to the job with any specific mandates, rather that he was chosen for the job because the White House recognized that this is a particularly crucial time for the Corps in setting its course for the future.

A former member of the U.S. House of Representatives from North Carolina (1987-95), Mr. Lancaster brought a great amount of legislative expertise with him to the Office of Assistant Secretary of the Army for Civil Works. He is an attorney, and served two cruises off the coast of Vietnam as a Staff Judge Advocate aboard the USS Hancock.

## District hosts CERB meeting in San Diego



The Los Angeles District Army hosted the biannual meeting of the Coastal Engineering Research Board ( CERB) at the U.S. Grant Hotel in San Diego, June 11-12. The Board furnishes technical advice to the U.S. Army Corps Chief of Engineers for the management of more than 84,000 miles of U.S. coastline including the Great Lakes. Their research and development mission, mandated by Congress, directly impacts navigation, environment, sediment management and flood control in the country's coastal zones.

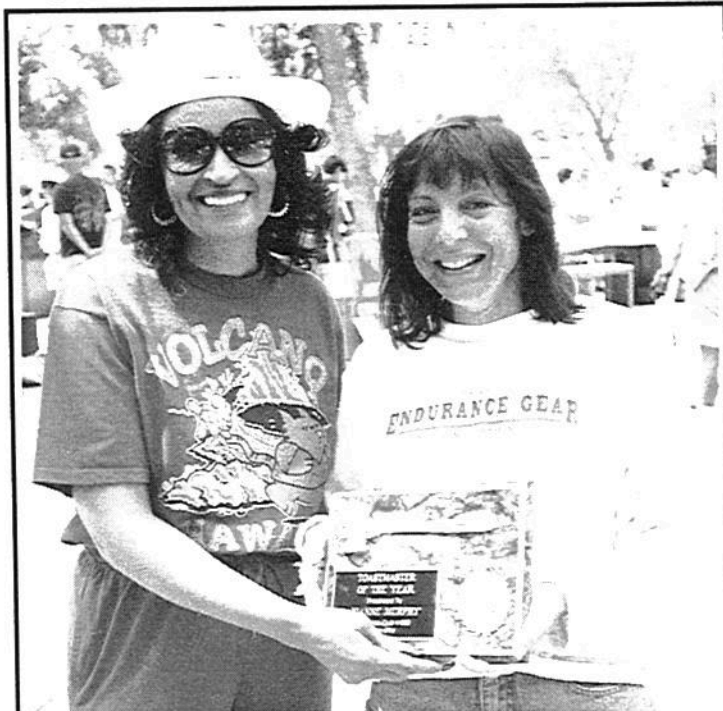
This year's theme was "The Direction of Coastal Engineering in the Corps and the Resulting Impact on Research and Development". MG Stanley G. Genega, CERB President and director of civil works for the U.S. Army Corps of Engineers, gave opening remarks. He was followed by Col. David E. Peixotto, deputy commander of the South Pacific Division, who welcomed attendees and LTC Jerome Dittman, deputy commander of the L.A. District, who presented an overview of current Corps activities.

Topics related to the theme were discussed during the two-day conference by speakers ranging from engineers and scientists to industry experts from among key government, state and local agencies. A number of additional sources of information were identified as available on the worldwide web for interested attendees. Participants also attended an evening lecture and tour of the Scripps Institute of Oceanography.

During the public comment portion of the meeting, respondents continued to stress the importance of the Corps' coastal engineering efforts in preserving and maintaining the country's shorelines. Speakers maintained that shoreline development, particularly in the tourism industry, made significant contributions to the nation's economy.

At the meeting's conclusion, General Genega, stated that a record of the meetings contents would be made available to those interested as well as a date and location for the next public meeting once it was determined.

*CERB participants (above left) listen to Dr. Reinhard E. Flick, give a presentation on ocean and shoreline research conducted by the Scripps Institution of Oceanography in San Diego. Art Shak, (above right) Coastal Engineering Branch, updated CERB attendees on the Corps coastal engineering activities in the San Diego area.*



Joanne Murphy, right, was selected as "Toastmaster of the Year" for 1995-96. President Jackie Heard presented her award at the District Picnic and Awards Ceremony.

# Corps wants to end South Coast experimental sand-bypass system

*In a switch, the Corps wants to end a project rather than start one*

*Story and photos by  
Norm Medland*

**OCEANSIDE, Calif.** – An experimental sand-bypass system project constructed by Los Angeles District as an alternative to dredging in OCEANSIDE Harbor will be discontinued, if Congress approves the district's request. After a season of testing, data showed that the system worked but that conventional methods did the job at a lower cost.

The Corps wrote the House and Senate subcommittees on Energy and Water Development, informing them of the plan to terminate operations and dismantle the bypass system.

The plan was to catch wave-transported sand coming into the harbor and pipe it to nearby beaches.

The Corps, directed by Congress to design, install, operate and evaluate the system, concluded that ordinary dredging is a more economical way to go at least in this particular harbor.

The City of OCEANSIDE and the Office of the Chief of Engineers in Washington agree.

The sand-bypass system was not without its benefits, according to a city official. "When it was

operational, the bypass did assist in stabilizing the beach. The pipeline distribution system, however, was vulnerable to storm-wave attack," said Don Hadley, director of the city's Department of Harbor and Beaches.

Also, Hadley said, "Debris in the harbor frequently clogged the jet pumps, making consistent operation difficult."

Aside from cost, the experimental benefits of the systems were positive. Experts acknowledge that

OCEANSIDE Harbor is a challenging environment in which to develop the sand-bypass technology. The fact that the system was successfully tested at Oceanside has led to the installation of sand-bypass systems in more favorable environments in the United States and Australia.

The objective of the experiment was to intercept the transport of sand entering the harbor channel by natural wave action, and mechanically pump the sand to down-coast beaches. The sand was mixed with enough water to move it through a pipe by an underwater pump. Most of the pipe is on the bottom of the channel or buried under beach sand, although 100 yards of it runs along the top of an east-west jetty. All of the pipe will be removed by the Corps of Engineers.

L.A. District studied the economic feasibility of the bypass system and concluded that at Oceanside Harbor conventional dredging is more cost-effective.

C&W Diving Services of San Diego, the bypass system operator, in May removed its barge



*Called dolphins, these steel support assemblies are used to hoist a boat out of the water.*



*Dolphins suspend equipment-laden barge above the water to improve stability for the system's piping, stastability for system.*



PPMD's project manager Dale Bulick (sunglasses) checks the

and dolphins, clusters of piles from which an equipment-bearing barge was suspended by cables. Hanging above the water surface provided better stability for the system, as it was unaffected by wave and tidal action.

The project was considered experimental because the Oceanside system was the only one of its kind in a coastal harbor setting.

The experiment monitored environmental effects on beach erosion, and documented "lessons learned" from experience in the development of technology for future use in other coastal harbors.

Consequently, the project has received considerable interest from the governments of Australia, South Africa, Spain, Denmark and the State of Florida.

## This is planning?

*This example of neglecting to plan for contingencies was received by the Workmen's Compensation Board of England in a recent application from a bricklayer. This is his accident report.*

Dear Sir,

I am writing in response to your request for additional information in Block #3 of the accident reporting form. I put, "Poor Planning" as the cause of my accident. You said in your letter that I should explain more fully and I trust that the following details will be sufficient.

I am a bricklayer by trade. On the day of my accident, I was working alone on the roof of a new six story building. When I completed my work, discovered I had about 500 pounds of bricks left over. Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley, which, fortunately, was attached to the side of the building at the sixth floor.

Securing the rope at ground level, I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went back to the

ground and untied the rope, holding it tightly to insure a slow descent of the 500 pounds of bricks. ... You will note in Block #11 of the accident reporting form that my weight is 135 pounds.

Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rather rapid rate up the side of the building.

In the vicinity of the third floor, I met the barrel which was now proceeding in a downward direction at an equally impressive rate of speed.

This explains the fractured skull, minor abrasions and the broken collarbone, as listed in Section III of the accident reporting form. Slowed only slightly, I continued my rapid descent, not stopping until the fingers of my hand were two knuckles deep into the pulley which I mentioned in Paragraph #2 of this correspondence.

Fortunately, by this time, I had regained my presence of mind and was able to hold tightly to the rope, in spite of the excruciating pain I was now beginning to experience.

At approximately the same time, however, the barrel of bricks hit the ground and the bottom fell out of the barrel. Now devoid of the weight of the bricks, the barrel weighed approximately 50 pounds.

I refer you again to my weight in Block #1. As you might imagine, I began to rapidly descend down the side of the building.

In the vicinity of the third floor, I met the barrel coming. This accounts for the two fractured ankles, broken tooth and severe lacerations of both of my legs and lower body.

Here my luck begin to change slightly. The encounter with the barrel seemed to slow me down enough to lessen my injuries when I fell into the pile of bricks and, fortunately, only three vertebrae were cracked.

I am sorry to report, however, that as I lay there on the pile of bricks in pain, unable to move and watching the empty barrel six stories above me, I again lost my composure and presence of mind, however, and let go of the rope. The barrel then fell on me, accounting for the rest of my injuries.

Sincerely, ...

# *Vacuum cleaner sucks up sand in San Diego Harbor for the District*

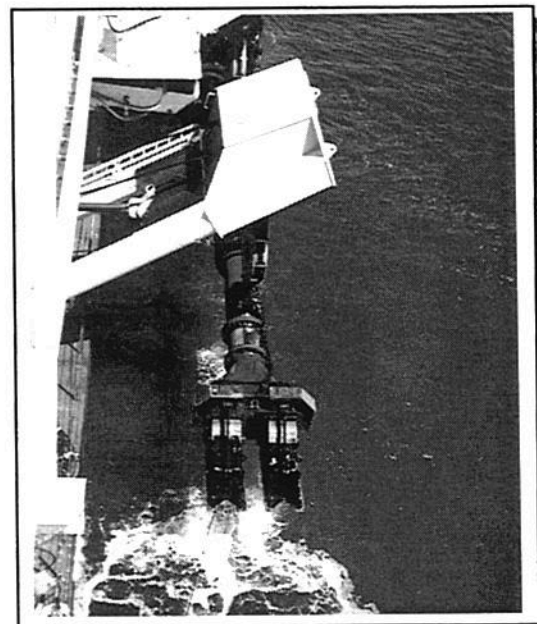


*The Corps Dredge 'The Essayons' dredging San Diego Harbor.*

**SAN DIEGO, Calif.--** The U. S. Army Corps of Engineers 'ship' *The Essayons*, a hopper dredge, arrived in San Diego Harbor to dredge almost 200,000 cubic yards of spoil, that had accumulated there since the harbor was dredged in December 1988.

The dredge is a part of a fleet of floating plants operated by the Portland District and is the latest dredge to be built for the Corps. It was designed by the Corps and constructed by the Bath Iron Works of Bath, Maine, in 1982, and was delivered in 1983. The *Essayons* is used to maintain the entrance bars and harbors on the coasts of California, Oregon, Washington, Hawaii and Alaska. Because of its size and dredging depth, the *Essayons* is particularly well suited for dredging the large coastal entrances, such as San Diego Harbor.

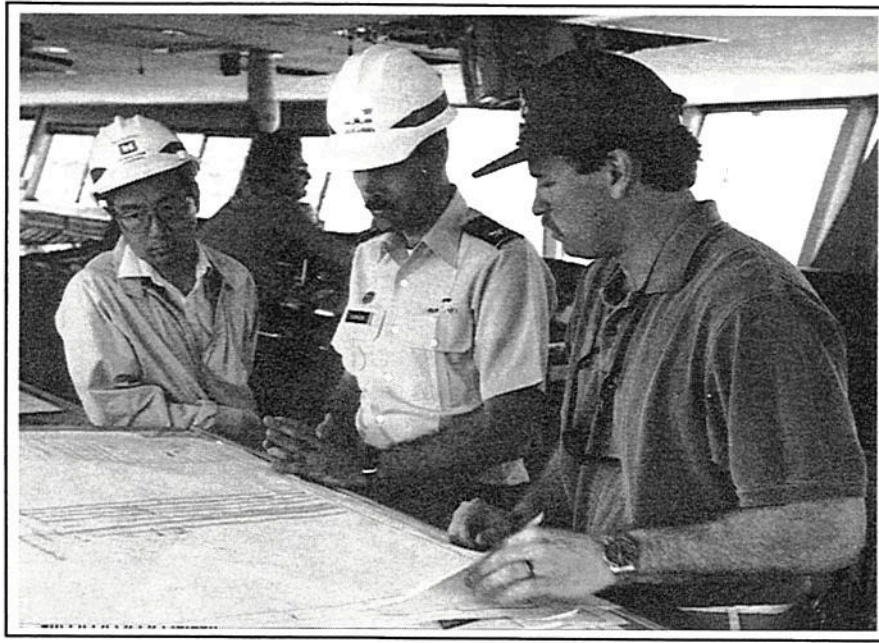
The *Essayons* is a hopper dredge. Like all hopper dredges, it is a seagoing vessel designed to dredge and transport dredged material to open-water relocation areas. The working of a hopper dredge is similar to that of a vacuum cleaner. It has dragarms



*A draghead is being lowered to the bottom of San Diego Harbor to remove spoil that has accumulated since 1989.*

normally located on the side of the vessel with a draghead at the ends. The dragheads are lowered to the channel bottom and slowly pulled over the area to be dredged. Material is then pumped in from the draghead, through the dragarms and into the hopper bins. When the bins are full, the dredge sails to the designated area and empties the dredged material through large hopper doors in the bottom of the hull.

Designed to operate anywhere in the world, the Essayon is automated for operation with an unattended engine room and semiautomatic dragarm handling system. Normally the dredge is operated 24 hours a day. The length of the vessel is 350'. The width is 68' and with a hopper capacity of 6,000 cubic yards.



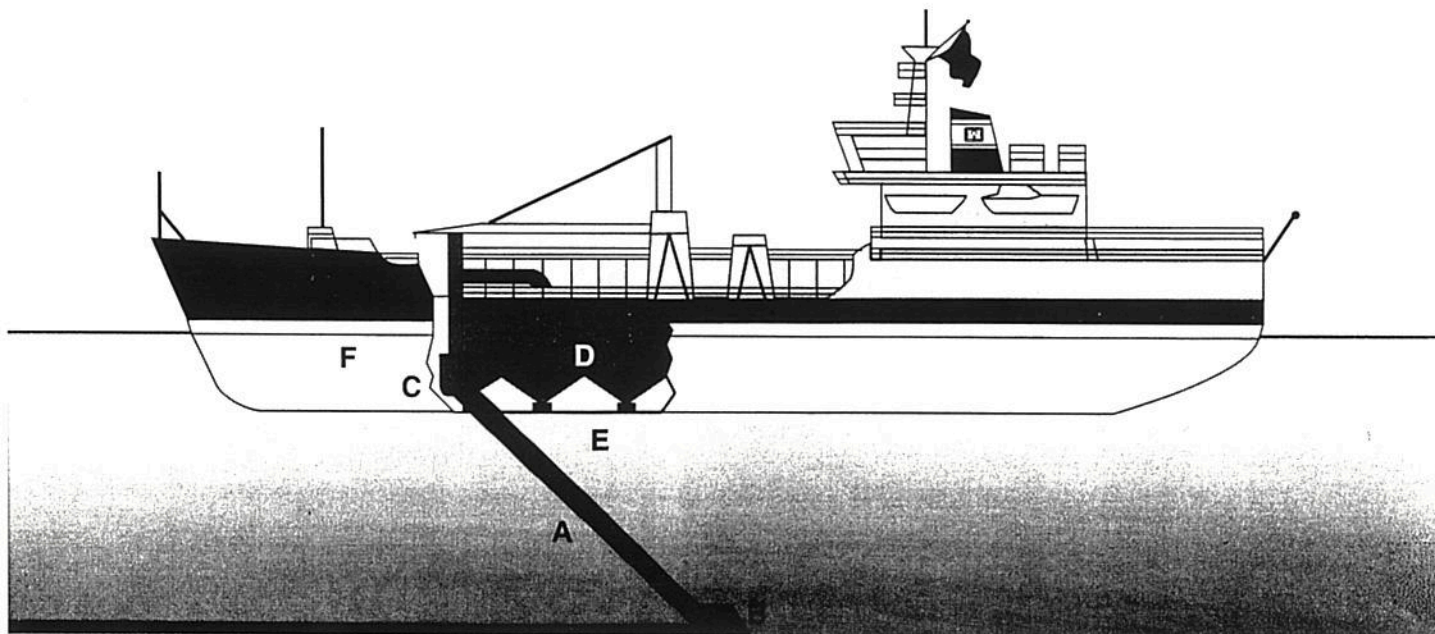
*Mo Chang, left, CO, and COL Michal R. Robinson listen to the Essayon's Master Neal Nyberg during one of its sweeps through the San Diego Harbor where it was doing maintenance dredging to keep the harbor open for navigation.*

## Typical Hopper Dredge Components

Hopper dredges are seagoing vessels designed to dredge and transport dredged material to open-water relocation areas. The working of a hopper dredge is similar to that of a vacuum cleaner.

Dragarms (A) with dragheads (B) extend from each side of the ship's hull. The dragheads are lowered to the channel bottom and slowly pulled over the area to be dredged. Pumps (C) create suction in the dragarm and the silt or sand is drawn up through the arms and deposited in hopper bins (D) in the vessel's midsection. When the bins are full, the dredge sails to the designated relocation area and empties the dredged material through large hopper doors (E) in the bottom of the hull, or utilizing inboard pumps (F), the material can be pumped ashore for beneficial use.

Hydrographic survey boats, using sophisticated electronic equipment, survey the river and harbor bottoms to determine if dredging is required and, after dredging is completed, to ensure that the desired channel depths have been attained.



## ***Hatch Act Amendments don't apply to all Federal workers***

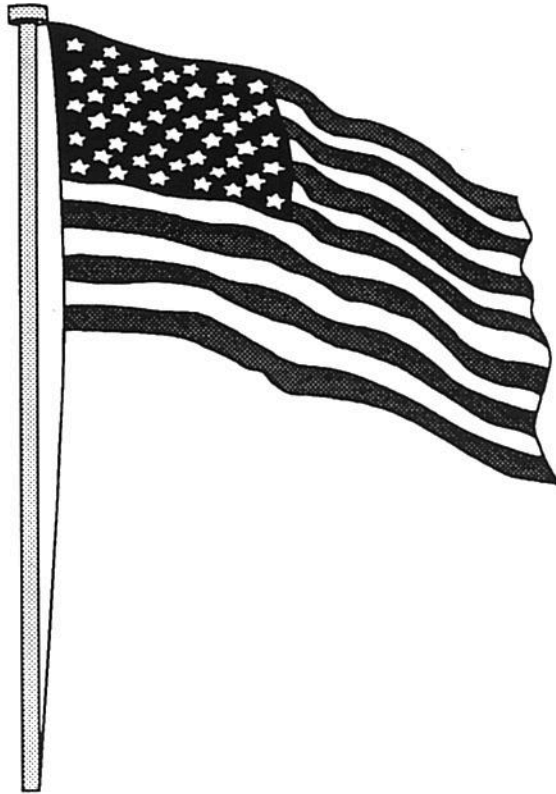
Recent amendments on political activities under the Hatch Act exclude selected federal workers in addition to U.S. military personnel.

The Hatch Act reform amendments, in effect since Feb. 3, 1994, allow federal employees to participate in political activities away from work. Although many Hatch Act restrictions apply, federal employees may now actively campaign for or against candidates in partisan elections.

Federal workers and service members with questions on political activities may call their local Office of Counselor call the DoD Office of Special Counsel at (800) 854-2824.

### ***Allowed Political Activities***

- \* Register, vote and express a political candidates and issues;
- \* Promote voter registration, provided it does not influence or interfere with the election process;
- \* Join political clubs and attend meetings;
- \* Serve in local part-time, nonpartisan civil offices;
- \* Serve as nonpartisan election officials;
- \* Sign petitions for specific legislative action or to place candidates on official election ballots, provided that signing does not obligate members into partisan political activities, and is taken as private citizens;
- \* Write letters to editors expressing personal views on public issues, provided those views don't promote a partisan political cause;
- \* Write personal letters, not for publication, expressing preference for specific candidates or causes, provided letters are not part of an organized letter-writing campaign;
- \* Make monetary contributions to a political party or candidate;
- \* Display political bumper stickers on private automobiles.



### ***Prohibited Political Activities***

- \* Using their authority or influence to interfere with an election, soliciting votes for specific candidates or issues and requiring or soliciting political contributions;
- \* Becoming partisan candidates for civil offices or engage in public or organized solicitations of others to become partisan candidates for nomination and election to civil offices;
- \* Participating in partisan political campaigns or management, or making speeches for partisan campaigns;
- \* Allowing or causing to be published partisan political articles signed or written by service members for vote solicitation for or against partisan political parties or candidates;
- \* Serving in any official capacity or be listed as sponsors of partisan political clubs;
- \* Speaking before partisan political gatherings to promote partisan political candidates or parties;
- \* Participating in radio, television or other programs or group discussions as advocates of partisan political parties or candidates;
- \* Conducting political opinion surveys under the auspices of partisan political groups, or distribute partisan political literature;
- \* Performing clerical or other duties for partisan political committees during campaigns or on Election Day;
- \* Soliciting or engaging in partisan fund raising activities with federal offices or facilities, including military installations;
- \* Marching or riding in partisan political parades;
- \* Displaying large political banners, signs or posters on the top of or on the side of private vehicles.



*VIP Visit.....Herb Nakasone, Orange Co. Flood Control District, 2d from right, points out an item of interest to the Honorable Michael Davis, Deputy Assistant Secretary of the Army for Civil Works, center in suit. Ed Andrews, PPMD program manager, left, is holding map and Susan DeSaddi, PD environmental manager holds an aerial photograph of the Salt Marsh at the mouth of the Santa Ana River, where the District restored 92 acres of coastal wetlands as a part of the larger Santa Ana River Mainstem Flood Control Project.*

## **It doesn't "Hatch" but remember.....**

**This is an election year.** It is important that we be particularly careful during this time that Corps (Department of the Army) facilities are not used by any candidate (incumbant or new office seekers) for political events. This can be a judgment call so be sure that you coordinate with your Public Affairs Office on these requests.

**There is a lot of interest in using Corps facilities for filming these days.** Sometimes these requests may sound unassuming, and you are certainly encouraged to work with your local PAO to accommodate requests for filming about local subjects that will be shown in the local area only. However, a reminder that the Army regulations require that "Requests for assistance to audiovisual projects that fall in the category of 'national' or 'regional' interest...and those which involve productions of theatrical or television motion pictures, documentaries, television series or television 'specials' must be approved by the Office of the Chief of Public Affairs (Department of the Army)..." All requests such as these should be coordinated

with your Public Affairs Office.

**And a third and last reminder that although there are statutory restrictions that prevent the Corps and other government activities from lobbying in favor of a specific agenda, program or project, there is also significant latitude in what is allowable and appropriate to promote public awareness.** Please refrain from speaking to the news media or in public (at civic club luncheons, for example) on pending legislation. For example, during the debate in the Administration and Congress last year about whether to divest the Federal government of lakes and power plants, a number of Corps people in the field inappropriately added their comments to the debate. While it is certainly difficult sometimes to not give our opinion when one is asked for, in these instances, the best answer is something to the effect that "My opinion isn't important - we have to wait to see what is the direction we'll be given by Congress and the President." We suggest that you work toward promoting the public's awareness of what we are doing for them right now.

## Former airbase named a ASCE historical site

Story and photo by Fred-Otto Egeler, PA

COSTA MESA, California -- "When I was asked if I would represent the Los Angeles District of the Army Corps of Engineers at the ceremony honoring the history of Santa Ana Army Air Base, I couldn't help but remember my father's World War II service. Dad was not only an army pilot, but he too served as a combat engineer officer," commented COL Michal R. Robinson, LA District Engineer.

"One major difference in our service was our approach to airplanes. While he flew them, I jumped from them. I wonder which of us had the easier time of it," Robinson told attendees at a dedication ceremony here recently.

Colonel Robinson and Deputy District Engineer LTC Wylie Bearup were guests of the American Society of Civil Engineers who had selected the airbase as an Historical Civil Engineering Landmark.

Santa Ana Army Air Base was just one of scores of military facilities built by the Corps of Engineers and the Quartermaster Corps during World War II. Santa Ana had a brief, but important existence. It became operational in March, 1942, as more than 1,000 construction personnel from the Griffith Company worked around-the-clock to build the initial 180 barracks and administration buildings. The base served first as a pilot training facility until October, 1944, when it became a redistribution center and the location of a convalescent hospital.

Before it closed in March, 1946, it was a discharge station for soldiers returning from the Pacific. The base was built to serve 20 thousand personnel.

It only took three months from the time of the approval for the airbase until the first ground breaking. In four months more than 5,000 Army Air Corps Cadets were in training. In 14 months more than three million square feet in the form of barracks, administration buildings and hangers were constructed and 26,000 cadets were in training on the 1,227 acres. More than 33 miles of waterlines, reservoir, 2 wells, 31 miles of electrical lines, 39 miles of paved roads and 28 miles of sewers were constructed.

At present, the 1,336 acres of the former air base are serving the local residents in a number of diverse and useful ways. Currently the Orange County Fairgrounds (where the ceremony was held at Memorial Gardens) are here, along with Costa Mesa City Hall, Orange Coast College, the Pacific Amphitheater, Southern California Bible College, an Air National Guard station and several residential and retail tracts. Currently almost 3,000 private citizens and organizations own parcels of this former army air base.

Santa Ana Army Air Base was also part of the Southern California sector of the Western Defense Command. In December, 1941, no one person knew what threat faced the West Coast of America.

Historical documents indicate that the Western Defense Command charged the sector commander with the

responsibility for seeing to the security of Southern California. The sector defense system relied on mobile striking forces provided by the Army and Navy, Marines, Coast Guard and National Guard. The Channel Islands formed a natural chain of outposts where radar sites were positioned. The mission for the construction of the necessary buildings, other facilities and utilities in the sector, became the responsibility of the Los Angeles District.

"Standing here today, I feel a sense of history....knowing that the Corps was involved in providing the facilities used by our soldiers, sailors, marines and airmen during World War Two. I can assure you," Robinson told the crowd that had gathered for the ceremony, "that when the U.S. Army Corps of Engineers is needed, we'll be here to serve you."



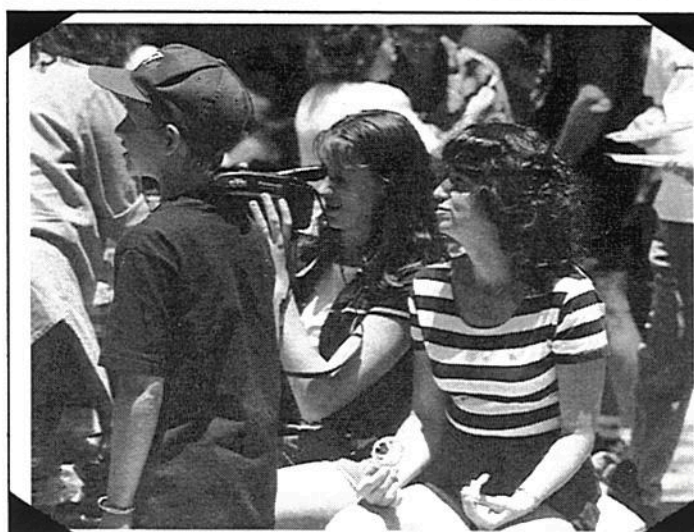
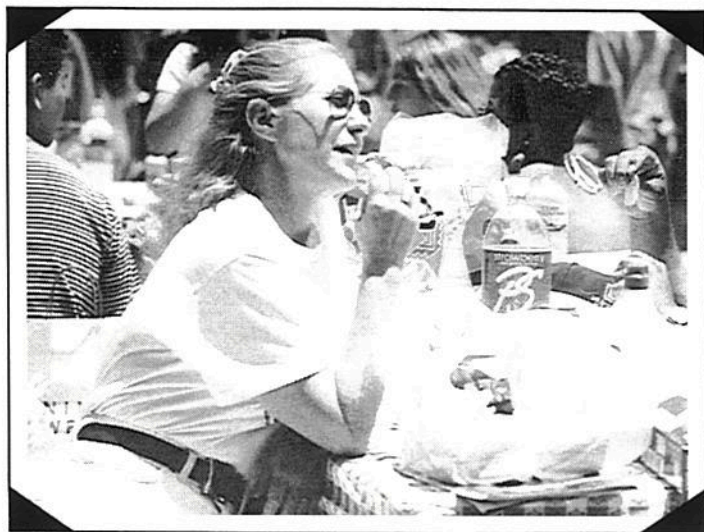
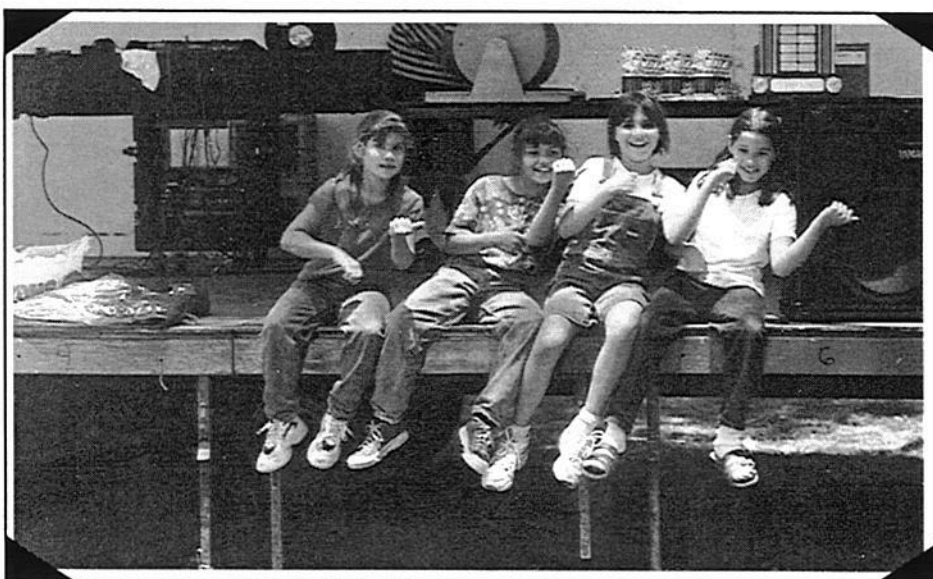
Retired U. S. Air Force Captain A. E. 'Bud' Anderson, right, Beach, CA and Colonel Michal R. Robinson, commander of the Los Angeles District, U. S. Army Corps of Engineers unveil plaques dedicating the former Santa Ana Air Base as an American Society of Civil Engineers historical site. Anderson was an Army Air Cadet in Pilot Class 43G in 1942 and return to recuperate from wounds in 1945 and was separated in 1946 at what was then a discharge point.

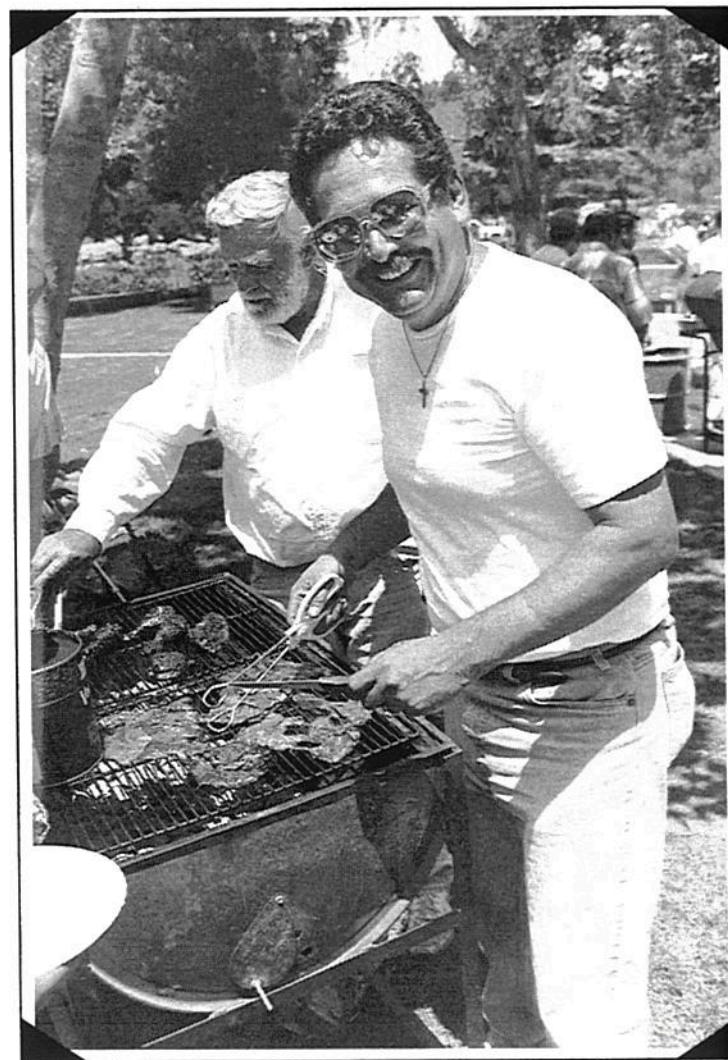
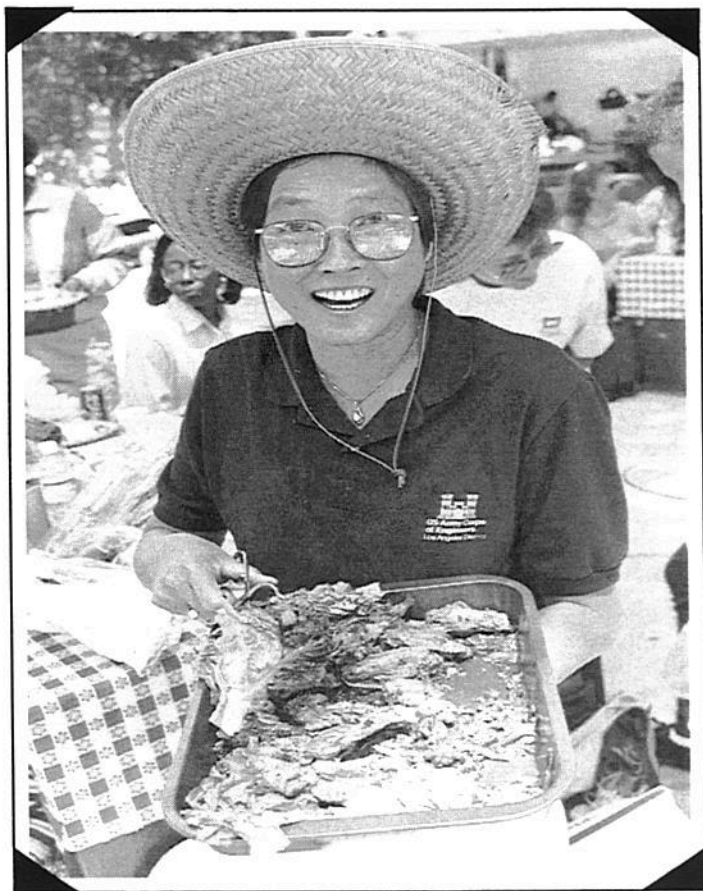
# *Picnic Family Fotos*

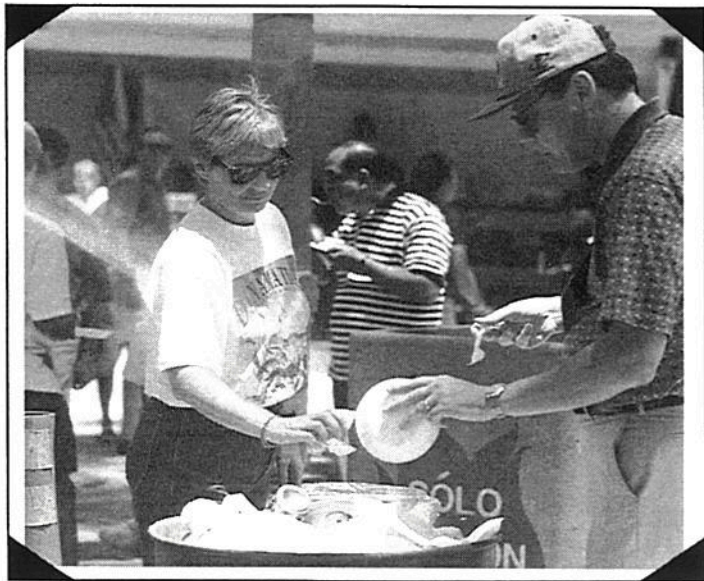
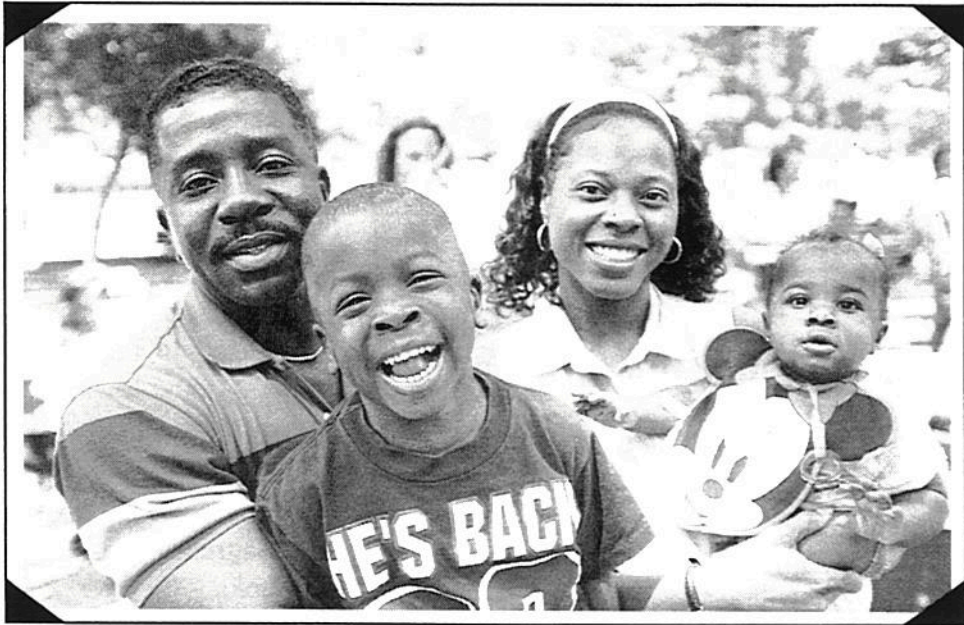


Members of the Los Angeles District's Engineer Family gathered at Griffith Park to celebrate the Corps Birthday and to honor current members who were being presented service awards. In addition to the service awards, sports and special event awards were also presented. The distribution of prizes proved to be a fascinating time. *Food, fun, and festivities were the highlight of the day.*

(Fotos by Fred-Otto Egeler, PAO)







# Service Awards



## 5 Years

Dana M. Adame  
Florendo B. Aguilar  
Christopher L. Bammel  
Marylou Burk  
Dennis Carey  
Susan A. Desaddi  
John W. Desimone  
Van Ai Diep  
Gregory Dombrosky  
Rhys M. Evans  
Robert J. Garda  
John M. Gleason  
Mehrdad N. Golshani  
Jaime L. Granillo  
Enrique Hernández  
Bridgett D. Hollier  
Gregory J. Jagosz  
Michael S. Jewell  
Jonathan S. Lee  
Thomas C. Leung  
Nancy Luya  
Marsha L. Marolda  
Barbara A. McCullough  
Roderic N. McLean  
Michelle M. Meehan  
Lisa T. Morales  
Essam R. Mostafa  
Georgia L. Muse  
Jeff R. Nelson  
Julio C. Ojeda  
Olufunke Ojuri  
David Pham  
Michael L. Phan  
Hap V. Pho  
Gilbert M. Ruiz  
Raymond Salas  
Lloyd K. Samples  
Bradd R. Schwichtenberg  
Jose H. Serrano  
Gary R. Snodgrass  
Brad E. Starr

Chandra Thornton  
Margie A. Tizón  
George A. Toyama  
Thanh T. Tran  
Steven P. Truong  
Guillermo R. Uribe  
Sandra Villaneda  
Tiffany A. Welch  
Stacey D. Williams  
Tony Y. Wong  
Patricia M. Wright  
Leticia Zarate  
Jill G. Zoiss  
David A. Zoutendyk

## 10 Years

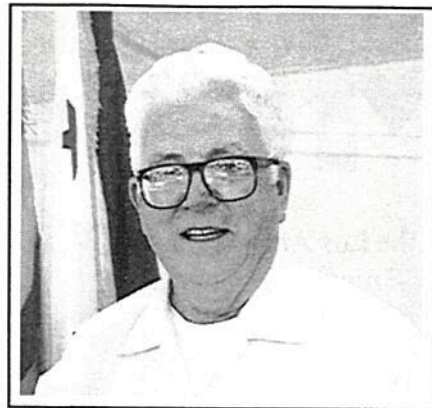
Christine J. Adams  
Elise Avis  
Gregory H. Boghossian  
John M. Carroll, Jr.  
Linda A. Chew  
Robert W. Colangelo  
Christopher K. Craig  
Colette D. Diede  
Wilson Diep  
Inocencio P. DiRamos  
B. Raymond Druian  
Angelina M. Escamilla  
Sandra K. Estrada  
Alex García, Jr.  
Elden J. Gatwood  
Valentino S. Gutiérrez  
Daniel M. Hanas  
Martin Jacobs  
Jacqueline U. Jones  
Jan M. Kwiecinski  
Burke S. Large  
Peter M. Massey  
David M. Mesa  
Gabriela D.V. Paredes  
Rex E. Pickett

Sabino R. Rodríguez  
Christine T. Russman  
Mercedes L. Salud  
Eleanor S. Sebastian  
Scott Stonestreet  
Richard A. Torbik  
Matthews P. Turner  
Anthony R. Vigil

## 15 Years

Jeffrey W. Adams  
Susan L. Ames  
John J. Andalon  
Sofjan Bahaudin  
Zorahayda M. Basco  
Lucia A. Carvajal  
Myung N. Chung  
Girish J. Desai  
Sheryl A. Gutiérrez  
Angela Hermanson  
Homer H. Hill, Jr.  
Arthur Y. Jung  
John L. Long  
Richard E. Magruder  
Takuo Matsuoka  
Brandon W. Moore  
Cynthia H. Myrtetus  
Sandra Oquita  
Milton Russ  
Sandra A. Sherman  
Howard T. Thio  
Phyllis A. Trabold  
Allen R. Tutt  
Anna Zacher  
William J. Zeigler

*"What we hope to do with ease,  
we must first learn to do with  
diligence."* — Samuel Johnson  
(1709-1784)  
English author



District members were recognized at the picnic for their length of service, and awarded certificates and pins by the District Engineer. Among them, three were cited for exceptionally long service. They were (from left) Romano Caturegli (LMO) and James Hogan for 30 years of civil service, and David Vilppu (Engineering) for his 35 years.

## 20 Years

Edward J. Andrews  
Margaret E. Batten  
Roger N. Berg  
Michael E. Bray  
Charles M. Debele, Jr.  
John A. Gill  
Phyllis E. Holley  
Mateo S. Hukom  
Robert M. Kuboshige  
María L. Montés  
Dorothy N. Page  
Perekina P. Peneueta  
Alfonso J. Quintero  
Richard Smits  
Jerry A. Staley  
Phillip M. Strayhorn  
Maricella A. Zamora

## 25 Years

James F. Benítez  
Victoria M. Coleman  
George E. Davis  
Glenn A. Emigh  
Richard A. Falcon  
Stephen Fine  
Philip D. Garrett  
Pedro R. González  
Carl O. Gregory  
Vernon E. Harrell  
Tetsuya Kakimoto

Randy R. Lee  
Antonio L. Masoe  
Jeffrey L. Meadows  
Arthur Moncayo  
Thomas H. Sage  
Rosemarie R. Sandoval  
Randy K. Skarseth  
Virgil D. Taylor  
Perry M. Tobin  
Terry A. Wotherspoon  
Theodore W.Y. Yee  
Ira D. Young  
Roman J. Zawadzki

## 30 Years

Theodore E. Carr  
Romano M. Caturegli  
Gillespie Cox  
Martin J. Dense  
Robert F. Doran  
James W. Hogan, Jr.  
Jeanne H. Imamura  
Harland G. Kroll  
Michael E. Mulvihill  
Anthony B. Price  
Pedro Reyna  
Anthony F. Turhollow  
Diane L. Watkins

## 35 years

David R. Vilppu

## Observations

“The nation which forgets its defenders will itself be forgotten.”

Calvin Coolidge  
(1872-1933)  
U.S. president

“Natural abilities are like natural plants; they need pruning by study.”

Francis Bacon  
(1561-1626)  
English philosopher, author

“There is no substitute for hard work.”

Thomas A. Edison  
(1847-1931)  
U.S. inventor

“Smooth seas do not make skillful sailors.”

African proverb

“If there is no wind, row.”

Latin proverb

“Never give in, except to convictions of honor and good sense.”

Winston Churchill  
(1874-1965)  
British statesman

# The Move!

Over three weekends in May, the Los Angeles District made its move. It left the Federal Building at 300 N. Los Angeles St., and it left the Brunswig Building at 360 E. 2nd St. It packed up, transferred away excess property, and moved a few miles southwest to 911 Wilshire Blvd.

The District was leaving the historic area - just across US 101, the Hollywood Freeway - the plaza near where El Pueblo de Nuestra Señora la Reina de Los Angeles was founded in 1781. At the time, English colonies in the East were fighting for their independence, while here in the West a new Spanish colony was being established. It was a settlement that would grow into one of the major cities of the world, rich in climate, rich in terrain, and rich in the ethnic diversity of its people.

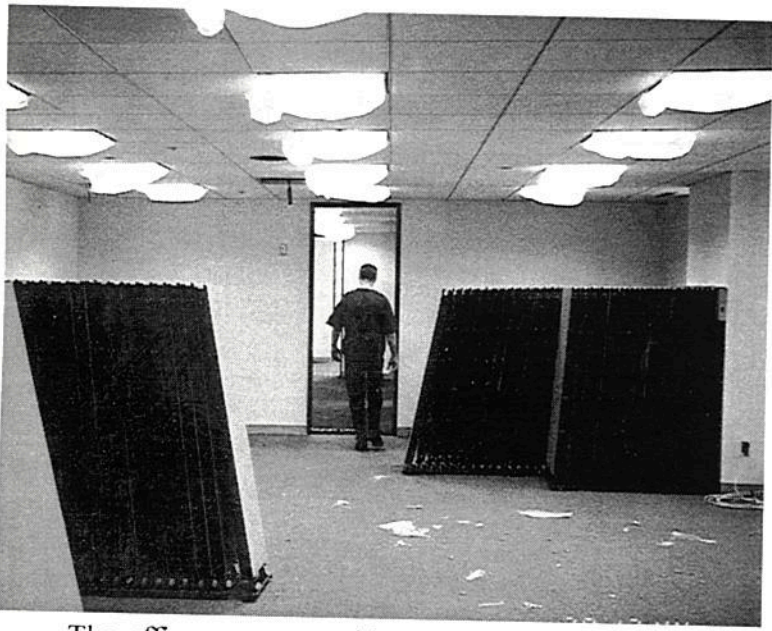
But we were leaving that historic area. It was *adios* to Olvera Street, *sayonara* to Little Tokyo, and *joi guin* to Chinatown.

The moving process got somewhat complex. But nothing else can be expected when nearly 600 people pack up their files, equipment and supplies and move. Even if it's only a couple of miles.

Here are some photographic highlights of the move.



Before the District seriously started packing up, workmen were preparing the new building to receive nearly 600 Corps members.



The office spaces would soon begin taking shape once the modular systems workstation panels arrived.



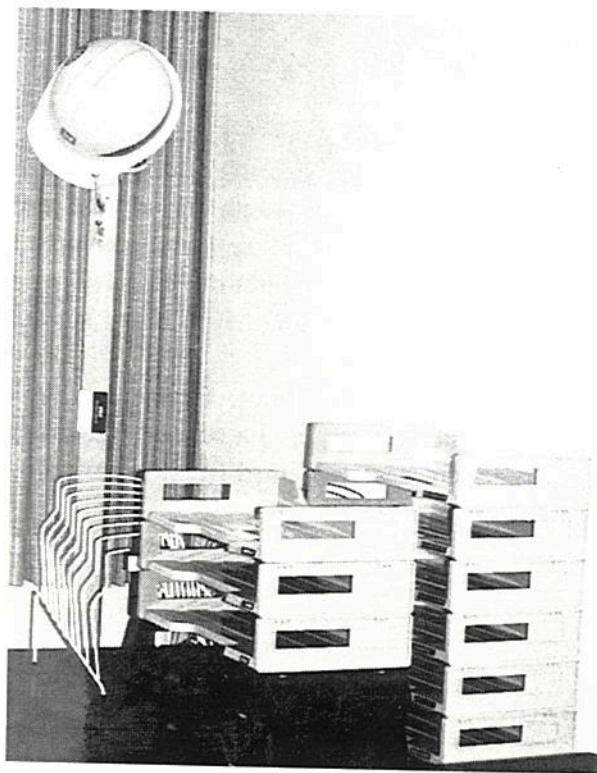
Joe Johnson (left) and Jared Miller of Coastal Resources (Planning Div.), like hundreds of other in the Federal and Brunswick Buildings, went to work emptying their desks, filing and storage cabinets and packing things up to move.



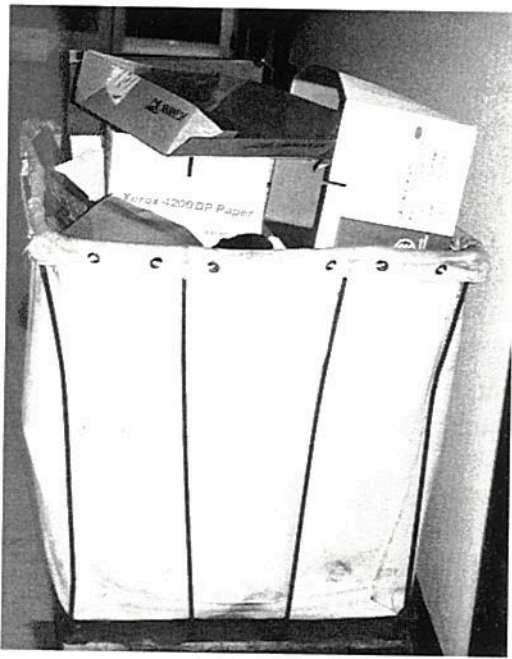
As each box was packed, it had to be labeled to indicate its destination. Georgia Muse (Contracting) prepares labels for all her boxes, large and small.



Everybody lent a hand in labeling. Bob Stuart (PPMD) became so involved he didn't even take off his coat before diving in with a marker.



At the left, it was the first time in years that Jim Link's (PPMD) in- and out-boxes were empty. (But he did come back for his hardhat.)



Of course, not everything was moved. It was throw-away time on a large scale.



And when everything was picked up by the movers, again it meant "everything." Are we sure this was Con-Ops?



Nothing was left behind ... except for the two friendly women that ran the 6th floor snack bar. (Too bad we couldn't bring them too.)



Above, the moving vans were loaded and on their way. Waiting for them at the new building – and sometimes it was a long wait – were (from left) move-coordinator Hector Angeles (RE), Gus Ruiz (LMO), Mark Harvey (CO) and Lisa Lugar (Counsel). and the vans came.....van after van. One truck, its cargo unloaded, pulls forward and a second one takes it place near the front door. A third truck is parked behind, waiting its turn.

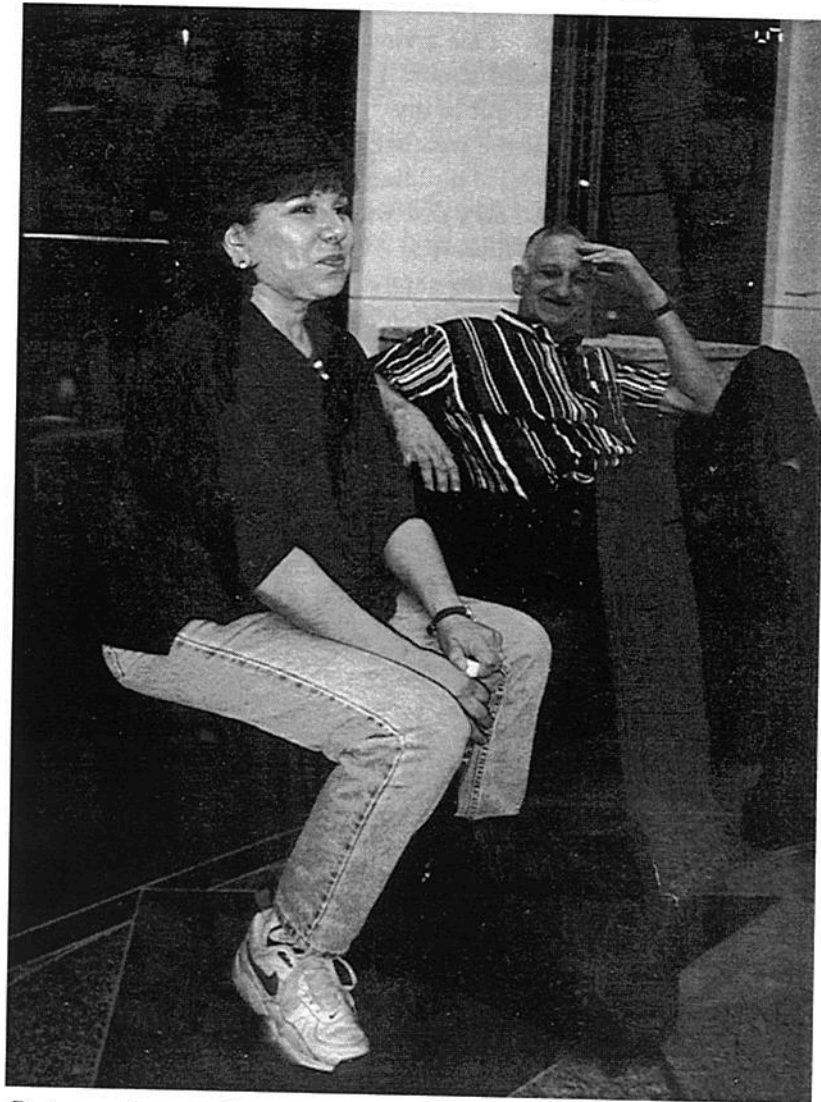




And in came cart after cart loaded with computers, monitors and printers. Each piece of computer hardware was also labeled, letting movers know which went where \_ which, floor, which room and which cubicle.



Besides the computers the more boxes ... and more and more boxes.



But people were happy to see them come. Especially happy were LMO chief Rosemarie Sandoval and Chief, Security Office Irwin Delino.

# Corps Talk

by Felita Jones

The Newcastle asked "What do you like/dislike about our new District Headquarters Building?" Here are some of the answers.



**Cedric Pelt, Safety Office**

"Moving from the basement up to the 15th Floor has given me a view which I am very pleased about. I like being able to look out of my window and see what the weather is like, unlike at the Federal building when I looked around all I saw was walls. The move is definitely a 200% improvement for the safety office from the previous location".



**Tam Vuong - Customer Assistance Branch**

"I like the new furniture, the work stations are really nice. The work environment looks much more professional. New building is definitely a plus. I also like the merging of the Brunswick employees and the Federal building employees combined in one building.



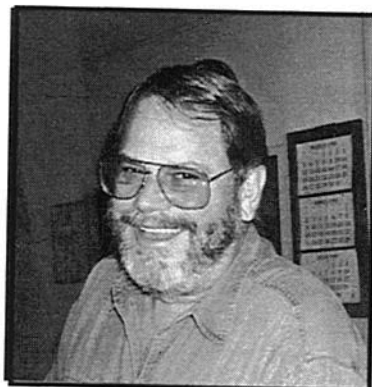
**Joanne Murphy - Telecommunications Section**

"I love the area that we are located in. We are right in the heart of downtown, so close to shops, eateries, and the library, it's great! I also love the classical music in the elevators. Definitely a nice change".



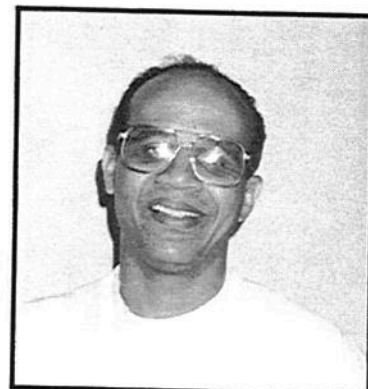
**Christine Candland - Office of Counsel**

"I like the easy access that's available to use the library facilities. The transportation to the new building is also more convenient. There are also more civic activities available to us in this general location".



**Jared Miller - North Coast Section**

"Well, the building's new, bright, and confusing, trying to locate offices and fellow co-workers. I feel like I've lost a lot of co-workers because you never see them anymore. Everyone's behind closed doors now, unlike at the old building when you would just about run in to anyone by just running to the elevator".



**Ben Young - Mailroom Section**

"The new building looks much more professional than the old building. I like that there are so many places to go on lunch. It's a large variety. The scenery is amazing, it's definitely a plus working in the heart of downtown".

# Around the Corner



by Jessica E. Jacobs

On May 19-22 I was a delegate for the NARFE California State Convention of 1996, held at the Riviera Resort and Racquet Club in Palm Springs. We had a great convention more than 650 people attended. Four mayors of Coachella Valley cities were there for the opening session. Decorations, food and classes were well done, and the classes were well attended. We were the host chapter with District III.

I saw Eva Walker, past president of the San Gabriel Chapter #388. She recently won an award, and was featured in a story by a Los Angeles County newspaper, the *Covina Press Courier* (reprinted here with permission):

The Covina Coordinating Council presented the annual Community Service Awards at the Covina Women's Club to 12 members recognized for their volunteer efforts. The Covina Joslyn Senior Center chose Eva Walker as a recipient. She was past-president of NARFE Chapter 388,

## District retiree honored

LOS ANGELES, Calif. — Roy 'Nick' Shiraga, a Los Angeles District retiree, remembers what it feels like 'to be really cold'. He and his comrades defended the Chosen Reservoir when it was over run by hordes of North Koreans during the Korean Conflict.

He is among the 1.7 million Americans who served during the Conflict. He and other area veterans celebrated the 46th Anniversary at a dinner on June 22, where they were treated to traditional Korean food, music and dancing. Participants were given Medals of Honor from the South Korean Government at the dinner for their service during the Conflict.

### Observations

"Freedom consists not in doing what we like, but in having the right to do what we ought."

Pope John Paul II

and is now secretary. She serves as an interpreter for deaf and hearing-impaired seniors, and served on the Election Board for 12 years. She sets up tours for deaf students and organizes trips to raise money for the City of Hope and the Alzheimers Association. She has received a scholarship from Elderhostel for work with the deaf community. Eva retired from the Corps of Engineers, Los Angeles District.

Bob Perkins, retired supervisory engineer, and wife Beth celebrated their 50th wedding anniversary in March. They currently reside in Arcadia (Los Angeles County), and say they enjoy traveling. Apparently so, because for the occasion they returned to where they were married: Connecticut.

To Doris Hollister and family our deepest sympathy on the death of son David on May 10, 1996. He will be missed.

If you didn't make it to the Open House (June 26) or the picnic (June 27), mark your calendar for the Retirees Luncheon it's **Oct. 16, 1996**.

I had a call from Stonie Baine in Summerville, Ga. just wanted to see how we were and if there was any retiree news.

Retirees, I'm waiting for your news. Please send in what you are doing so your friends can see you are alive and well. Just a note would be fine. Write me at 11400 Verbena Rd., Desert Hot Springs, CA 92240.

## In Memorium

It is with great regret that the passing of former members of the Corps and the District is announced.

Floyd Flores  
Sadie Ford  
Joe Irvin  
Kermit P. Lee  
Alice Leonard  
Joseph G. Loomis  
John McVey  
Mary Nelson  
Erlena Pearson  
Verne L. Swank  
Marie Walcott  
Elva Wells



# Asian-Americans urged to 'get involved'

Los Angeles District celebrated its 18th annual Asian-Pacific Heritage Month with a June 26 commemoration. Delayed a month by the organization's move to Wilshire Boulevard, the event was observed at the Omni Hotel in downtown Los Angeles, directly across the street from the new district headquarters site.

"The observation of this heritage month promotes awareness and understanding of the rich and diverse Asian and Pacific cultures," said District Engineer COL Michal Robinson in celebration-opening remarks. "And with that is the realization that all of us – Americans, no matter what our particular heritage is – must work together to meet the challenges that make America what it is today: a proud nation made stronger by its diversity."

## '... a multi-cultural nation such as ours'

Robinson noted that Vice President Al Gore once said that Americans must "come together to meet the goals that are important to all our futures. Respect for others, hard work, personal ethics and responsibility and a commitment to public service are among the values that I view as extremely important for the success of a multi-cultural nation such as ours."

"This month," Robinson said, "we are recognizing the dedication and contributions of cultures



*Paul Zee (left) receives a Los Angeles District Certificate of Appreciation from the District Commander for his keynote address at the Asian-Pacific Heritage celebration. Phoebe Chen (IMO) was Mistress of Ceremonies.*

at came to America from Asia and the Pacific Islands."

The keynote speaker for the event was Paul W.S. Zee, who was born in Shanghai, raised in Hong Kong

Kong, educated in California and Hong Kong, a man with business experience in both Asia and North America, and a community leader.

Noting that Asian-Americans make up 10 percent of California's population, and only 32 percent of otherwise-eligible Asian-Americans are registered to vote, "there is a lack of Asian-American elected representatives at state and national levels," Zee said.

Referring to the state population figure of 10 percent, he asked, "If you owned 10 percent of a company, wouldn't you like to sit on the board? I would."

Zee has done just that. A Chinese-American businessman, city councilman and past mayor of nearby South Pasadena, he follows

his own advice to Asian-Americans who complain of a lack of political representation: "Get involved," he said.

He thinks perhaps political organizations are not sure Asian-Americans are capable of holding office. "This is a misperception," he said, "How to correct it is not by donating money but by working in political campaigns."

In closing, he said that would-be candidates for public office may think that as Asians, a minority, they might not be accepted by mainstream America. He dealt with that by quoting lyrics of a 20th Century American folk song and adding a comment: "This land is your land, this land is my land' – (and) we are part of America."

Responding to a question from the audience, Zee said that he does not believe in quotas, as in hiring and university admissions. "Civil rights measures are like medicine that can help a patient, but has side effects – such as anti-immigration feelings."

The celebration concluded with an explanation and demonstration of karate by Jonathan Vivanti of the district's Engineering Division.

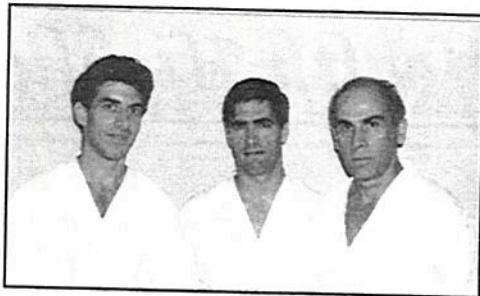
He sketched the origin and history of the Asian form of self-defense, and said there is a direct link between Zen Buddhism and the martial arts. Some 1400 years ago a Buddhist from India make a long trek on foot to a Shao Lin temple in China. There he taught the monks about a connection between spirituality and physical capability.

From China his teaching spread to then-independent Okinawa, and in the 1920s to Japan.

Vivanti is a 2nd Degree Blackbelt who has studied karate for seven years. "And I'm still studying," he said.

Assisted by two other Corps karate students, Mark Durham and Mark Sudol, both of Con-Ops' Regulatory Branch, Vivanti presented a brief demonstration of some basic self-defense movements. They appeared to be simple and quick – and highly-effective reactions to an actual or threatened attack.

However, Vivanti stressed, karate is a matter of both mind and movement.



(From left) Blackbelt Jonathan Vivanti (Engineering), along with Mark Sudol and Mark Durham (both Con-Ops), presented a demonstration of the Asian martial art of karate.



## Head out on the highway

The headline above begins like an old rock song: "Head out on the highway, lookin' for adventure." But two of four dictionary definitions of "adventure" included the word "hazardous." And if you plan to travel this summer, your trip should be anything but hazardous.

Here are some ways to avoid hazards on what should be an enjoyable trip, one you've worked for all year.

- Depart fully rested. Driving at night after an exhausting work day may put you to sleep forever.
- Read your medicine label. Even over-the-counter cold remedies may make you drowsy and impair driving.
- Move your eyes around. Highway hypnosis, staring at a fixed point, may result in a permanent trance.
- Open the window. Allowing fresh air to circulate may help you avoid drowsiness.
- Break up long trips. Stop to stretch your legs occasionally and, if possible, change drivers.

## Observations

**F**reedom consists not in doing what we like, but in having the right to do what we ought."

– Pope John Paul II

**F**orgiveness is a gift of high value. Yet its cost is nothing."

– Betty Smith  
U.S. novelist, *A Tree Grows in Brooklyn*

**I**n theory, there is no difference between theory and practice. In practice, there is."

– Anonymous

**S**mooth seas do not make skillful sailors."

– African proverb

**I** know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."

– Henry David Thoreau  
U.S. writer, philosopher

**C**hange is such hard work."

Billy Crystal, U.S. comedian, in *GQ*

**I**t is with our judgements as with our watches; no two go just alike, yet each believes his own."

– Alexander Pope (1688-1744), English poet

**W**e seldom attribute common sense except to those who agree with us."

– Francois de la Rochefoucauld  
18th Century French writer, philosopher

**A**merican youth attributes much more importance to arriving at driver's license age than at voting age."

– Marshall McLuhan, Canadian writer

**A**ge is not a handicap. Age is but a number. It is how you use it."

– Ethyl Payne

**T**he supreme reality of our time is the vulnerability of our planet."

– John F. Kennedy, U.S. president



# "Fit To Win" Health Highlights



Federal  
Occupational  
Health

## For Women Battling the Blues

If you are a woman who is depressed, you are not alone. Women experience depression at about twice the rate of men. Some of the possible symptoms of depression include:

- Persistent sad, anxious or empty mood.
- Loss of interest or pleasure in activities.
- Feelings of hopelessness, guilt, worthlessness, helplessness.
- Sleeping too much or too little; waking early.
- Loss of appetite and weight; overeating and weight gain.
- Decreased energy; fatigue.
- Thoughts of suicide; suicide attempts.
- Restlessness or irritability.
- Difficulty concentrating, remembering, or making decisions.
- Physical symptoms that don't respond to treatment, such as headaches.

For a copy of the booklet, "Depression: What Every Woman Should Know," call the National Institute of Mental Health at 1-800-421-4211.

## Pay Attention to Your Hearing

It is natural to experience some loss of hearing as you get older. However, if you experience any of the following symptoms, you should ask your physician about having a hearing test:



- You have trouble hearing the person you are talking to over the phone.
- You have difficulty following conversations when more than one person is speaking at the same time.
- You have trouble hearing everyday sounds, like the doorbell or the telephone.

- Other people's speech sounds slurred, especially when there is background noise.
- You constantly hear hissing or ringing.

For more information about hearing loss, call the American Speech-Language-Hearing Association at 1-800-638-8255.

## Save \$\$\$ at the Supermarket

Use a shopping list. It eliminates impulsive buying, helps menu planning and makes shopping faster. Study newspaper ads for the really "hot" buys.

Shop at several locations - supermarkets, warehouse clubs, farmers' markets, and discount and natural food stores - compare and learn where the true values are.

Clip coupons only for products you ordinarily use, not for expensive convenience foods.

Buy staples in bulk if you have the storage space. Savings can be significant for items like large-pack paper products, canned foods and beverages.

Buy store brands for big savings and quality that is often equal to name brands.

Skip the single serving options. Snack packs or lunch-size packages can cost more than larger packages.

Avoid higher-priced convenience and processed foods, like frozen entrees, or buy them on sale.

Be observant at checkout: Watch prices as the cashier or scanner rings them up; errors are not uncommon.

## Nutrition Tips For Healthier Hearts

The link between diet and heart disease is well established. We now know that high fat, high cholesterol diets contribute to clogged arteries and that excess sodium can aggravate blood pressure. To eat right for a healthier heart, try these nutrition guidelines.





# "Fit To Win" Health Highlights



Federal  
Occupational  
Health

## Dietary Fats

Limit your total intake of dietary fats to no more than 30% of your daily caloric intake. Saturated fats (the kind that stay hard at room temperature) should be limited to one-third or less of your total fat intake.

## Sodium

Limit dietary sodium to approximately 1,000 mg per 1,000 calories of food, not to exceed 3,000 mg per day. (Note: one teaspoon of ordinary table salt contains approximately 2,000 mg of sodium, more than most people's daily needs.)

Other tips begin by eating more complex carbohydrates (whole grains, fruits, vegetables, legumes), and fewer "fatty" meats. Avoid processed or cured meats (bologna, frankfurters, etc.) since most are high in both fat and sodium. And, when selecting dairy products, choose low- or non-fat varieties. These guidelines may be "heart smart," but they're nutrition-wise too. When you follow these tips you'll be eating for a healthier heart and body.

## Hiatal Hernia, Heartburn, & Reflux

### Steps You Can Take to Relieve Discomfort

1. Refrain from smoking. If you cannot stop completely, cut down, especially around mealtime.
2. Consume coffee or alcohol, chocolates or fatty foods only in moderation. Of course avoid any foods that you know trigger episodes of heartburn such as citrus juices, mints, tomatoes, etc.
3. Avoid bending, stooping or lying down after eating - this can force food into the esophagus and cause heartburn.
4. Eat smaller, more frequent meals during the day. Try to avoid eating or drinking within four hours of bedtime.
5. Take medications according to your doctor's instructions.
6. Wear looser, more comfortable clothing. Loosen your belt a notch or two and do not wear girdles.
7. Lose weight if you are overweight. The extra padding puts pressure on your abdominal cavity and stomach.

8. Sleep with the head of your bed raised six to eight inches (on blocks or books or by using a wedge under your mattress). Do not just use extra pillows!
9. Contact your doctor if symptoms continue after following these suggestions.

## Did You Know?

If everyone had their cars serviced at least twice a year, there would be 40% fewer dangerous breakdowns on the side of the road.

Nearly 60% of accidents to pedestrians under the age of 5 happen in their own driveway when a family member backs a vehicle over them. BE CAREFUL!

## Chili-Spiced Halibut with Avocado

- 2 tablespoons fine, dry bread crumbs
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1/4 garlic powder
- 1/4 teaspoon salt
- 6 (4 - ounce) halibut or swordfish steaks (about 1/4 inch thick)
- Vegetable cooking spray
- 1/2 medium-sized ripe avocado, peeled and cut lengthwise into 6 slices
- Lemon twists (optional)



Combine first six ingredients in a bowl; stir well. Dredge fish in bread crumb mixture.

Coat grill rack with cooking spray and place on grill over coals. Place fish on rack; cook, covered, 4 minutes on each side or until fish flakes easily when tested with a fork. Place on a serving platter; top with avocado. Garnish with lemon twists, if desired.

Yield: 6 servings (about 166 calories per 3 ounces fish and 1 slice avocado).

## ***We get letters.....***

*Just wanted to pass along my appreciation for the Welcome Packets. Lots of good information, all in one neat package. As I walked around Con-Ops area today, I noticed several employees looking through materials provided. Gives them a better feel for where they are going, helps alleviated some of their anxieties. Again, good job and thanks.*

*LTC Wylie K. Bearup, Ch, CO*

=====  
*I'd like to commend and thank you for such an outstanding article in the Newcastle covering the Peer Award. It's the best article I've seen yet on MWR our efforts.*

*Michael J. Piszker, Chairman, Morale, Welfare and Recreation Committee*

=====  
Public Affairs Office

Thank you for organizing the Open House event of your new facility. The new offices are much more in keeping with the professional calibre of the Corps Staff.

It was an excellent experience. The host in the Environmental Resources Branch was particularly attentive. The entire event was very informative and well-organized.

Marie Campbell  
Sapphos Environmental

## ***Two District projects honored***

### **'96 Chief's Design and Environmental Awards**

WASHINGTON, D. C. —Two projects that the Los Angeles District has built received Merit Awards in the Chief of Engineers Design and Environmental Awards Program recently.

*The Multipurpose Administrative Facility at March AFB, Calif. and the Nellis Federal Hospital at Nellis AFB, Nev. were chosen from 67 entries in the military and civil works programs.*

The Multipurpose Admin. Facility is organized in a two-building form, wrapped around a contemporary interpretation of a narrow European village streetscape that connects the front door to the parking area.

The Nellis Hospital is the first joint-venture medical facility between the Air Force and Veterans Administration. The design's unique features are:

-Clinic, nursing, diagnostic/treatment and support functions are organized into clearly defined, mutually supporting zones.

-A series of rectangular blocks organized around a system of mechanical pods.

-Two open courtyards provide visual interest and separate the hospital and business areas for operational efficiency.

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