



**US Army Corps
of Engineers**
Galveston District

The Sand Castle

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





Cover: Mrs. Tanner and Lynwood Weiss, Bay Area Office, christen the marine vehicle that was named after her husband, Sid Tanner, a former Corps employee. For more on the Tanner, please see story on page 6.

Volume 19 Number 7

The Sand Castle

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The Sand Castle

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

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COMMANDER'S COLUMN

Another busy month for Team Galveston. First off, I would like to thank everyone that participated in the command inspection. The Southwest Division staff, (our higher headquarters) came down and gave us their check-up from the neck up. This occurs every two years. What they found was a great district doing great things for the nation and coastal communities. I believe the highlight was the town hall meeting that COL(P) Crear conducted. In a short period of time, he was able to share some of his history and his expectation for his tenure as the Southwestern Division Commander. **His key points are:**



Col. Leonard D. Waterworth

leadership, integrity, loyalty, teamwork, individual initiative, communications, taking care of people and HOOAH. If you weren't there the boss like the term Hooah, a term that does not mean no, but can mean almost everything else that is positive. So the next time you see COL (P) Crear give him a big HOOAH from the District. Note: For those that just might not know, the COL (P) title means that he has been selected by a centralized Department of the Army selection panel for promotion to the next higher grade, Brigadier General, but Congress must confirm the list,

Did you get to go the christening of the Tanner? If you weren't there you missed a great event. The Tanner is our newest survey boat. It cost us over \$1million and it is on the cutting edge of workboat technology. Our survey teams now have a steady platform to get accurate and timely data on our channels. We have a boat that can quickly get to the project site and a platform that can survey in the deep water we have in places. It's a great boat with great technology inside to make our mission better. The best part of the christening is that almost all of Sid Tanner's family was here to share the moment. Sid was a long time employee of the district that had well over 30 years of public service. His family was trilled to have the boat named after him and get to hear his friends and coworkers talk fondly about Sid. After talking to a few of his family members it was apparent that Sid was not a big talker about his work when he got home. Most of his family did not realize the impact this local Texan had on the Nation. Well it turned out to be a great day, a great day for the family, a great day for the district.

Well it is truly a busy time of the year. I have recently reviewed our projects, operations and maintenance, contract and planning schedules and we have a tremendous work load. How we produce over the next few months is critical to the district. Each one of the milestones represents commitments made by a Project Delivery team member here in Galveston. It a promise that we would do everything possible to have a product on time, on schedule and under budget. How we execute is also an indication to our higher headquarters how well we manage our programs and justifies support of our requirements for greater funding in the future to meet the requirements we already have. So we all need to pull together and execute what we have promised. I am confident we can. Galveston has a reputation of getting the job done.

Thanks for another great month....

Redfish Island resurrected after decade underwater

*Boater anchorage revived in collaborative
effort to improve Galveston Bay*



Although Redfish Island vanished from Galveston Bay more than a decade ago, the island is reemerging. The Port of Houston Authority and the US Army Corps of Engineers, together with the Beneficial Uses Group (BUG), began implementing their plan to rebuild four-acres of Redfish Island on June 6, 2002. The island will ultimately serve as a bird habitat, safe boater anchorage and will also include an oyster reef.



Boater gets an early start on use of Redfish Island.

"The Redfish project is a win-win situation in which environmentalists and boaters, both recreational and commercial, all benefit," said Port Commissioner Jimmy Burke. "The BUG, the Port and the Corps are not only doing what is environmentally best for the bay, but also what's best for Bay users. Restoring the island is helping us reach our goal of making Galveston Bay better for everyone."

While developing a larger-scale plan to create wildlife habitat in Galveston Bay, the Port, Corps and BUG repeatedly heard that bay users wanted Redfish Island restored. The groups decided to include the



The contractor places crushed limestone on the new Redfish Island.

restoration as part of their overall plan to create habitat in Galveston Bay, most of which is formed with material dredged during the deepening and widening of the Houston-Galveston Navigation Channels (HGNC) project. Redfish is being constructed of crushed limestone.

Upon the island's completion in the fall of 2002, Redfish Island will once again provide boaters an anchorage safe from ship wakes, prevailing winds and away from much of the commercial boat activity in the bay.



To build Redfish Island, the contractor barges in loads of crushed limestone.

"We are very appreciative to the Port, Corp and BUG for going above and beyond the initial bay plan to further enhance the environment and safety in Galveston Bay," said Captain Gene Schwantes, owner of Windward Sea Venture Enterprises and founding member of BaySmart, an organization which provides Galveston Bay-related educational experiences to the general public. "Recreational boaters on the east side of the channel who are not comfortable with converging into commercial traffic in Galveston Bay will now be able to anchor at Redfish Island, avoid crossing the ship channel, and enjoy the bay more than they have for the past decade."

Restoration of Redfish Island is only part of the BUG's plan for Galveston Bay, which also includes: construction of 4,250 acres of saltwater marsh to partially restore lost wetlands acreage; construction of a six-acre bird-nesting island; construction of a near-shore underwater berm to provide topographic relief, essentially an irregular surface, for fishery habitat; and partial restoration of Goat Island at the downstream end of Buffalo Bayou

In addition to the construction of Redfish Island in the middle of the bay, the deepening and widening of the Mid Bay section of the HGNC project is currently taking place and will continue until mid 2004. Levees will also be built for a new marsh and upland site in Mid Bay in early 2003. Bay users should be aware of dredges and underwater dredge pipelines, indicated by yellow buoys, in the construction area. The BUG is a coalition of local, state and federal government agencies. It was started in 1990 as a sub-committee of the Interagency Coordination Team (ICT). The ICT was formed to address environmental concerns expressed during the study phase of the HGNC project. The BUG's focus was to determine environmentally responsible uses for materials dredged during the expansion of the HGNC. To find out more about the BUG project, visit www.betterbay.org.

New Ship Dedicated to Former Corps Employee

The marine vehicle Tanner went through its christening ceremony at the U.S. Army Corps of Engineers, Galveston District, Galveston, Texas, on June 27 to become the newest member of the district's fleet of survey and utility boats.



The MVTanner, newest of the District's fleet.

The ceremony, held at the Galveston District's mooring facility near the entrance to Galveston Bay, named the new boat after a long-time Corps employee, Sidney Tanner. Tanner retired in 1997 after 33 years with the Corps. His widow, Jeanette, and daughters, Ashley and Tiffany, were among those taking part in the christening.

"This vessel provides us with the maximum stable platform

to carry state-of-the-art survey equipment so we can really see the bottom of the channel and do our work from," said Herbie Maurer, chief of programs and project management and deputy district engineer for Galveston District.

The MV Tanner is a 48-foot vessel designed with the capacity to maintain high speeds in rough sea conditions and at the same time have the ability to maneuver in shallow water. It will

be used in 3-D mapping of channels surveyed by the Corps and has a unique feature that allows a telescoping center-mounted multi-beam sonar to be deployed by opening a door in the bottom of the boat and lowering the unit below the hull line.

The boat's hull consists of a trimaran shape forward that transforms into a catamaran aft. As the boat moves forward, it forces air beneath the scoops formed by the tri-hulled forebody. The air acts as a cushion that decreases frictional resistance, providing additional lift and decreasing fuel consumption.

To be home-ported in Galveston, the Tanner will be used for hydrographic surveying of the district's deep draft channels their offshore reaches. Submerged objects and sunken ships can be spotted with its state-of-the-art equipment. The



Mrs. Jeanette Tanner, middle, with daughters Ashley and Tiffany.

boat is operated by a crew of two, the boat operator and one technician. The Galveston District maintains the Houston Ship Channel in addition to eight other deep draft channels along the Texas coastline.

Sidney Tanner, a widely recognized coastal expert, was a native of Hardin, Texas, obtaining his Bachelor of Science degree in civil engineering from Lamar University in 1964 and his Master

of Science degree in 1970 from Stanford University.

"He was just as much at home in Hardin, TX or Washington D.C. or Stanford University. He could talk on your level and you always knew he was there.

He was a recognized leader in the Corps of Engineers," said Arthur Janecka, longtime friend and chief of the Programs Management Branch for the district. "He was here and he made a difference."

Tanner began his career with Galveston District in the design branch and served in numerous supervisory civil engineering positions. His final position was chief of the Coastal Planning Branch. He had also served as special assistant to the chief of the Planning Division.

Tanner was widely known and highly respected as an expert on hurricanes and coastal process. The State of Texas sought his guidance and advice when addressing numerous coastal erosion issues. He was appointed to a special team composed of staff from both the Corps and the Harris County Flood Control District to develop procedures and strategies for implementing provisions of the 1996 Water Resources Development Act.



A large crowd attended the christening of the Tanner, held dockside behind the Jadwin building.

Col. Crear Visits the District

The new commander of the Southwestern Division comes to Galveston for Command Inspection



Col. Crear speaks at the district's townhall.

Col.(P) Robert Crear, the new commander of the southwestern division, was in the Galveston District on July 9-11 for the every two-year command inspection. His first day in the district began with a brief welcome meeting with Col. Waterworth, Maj. Hanus, Herbie Mauer, and other chiefs of staff.

After the meeting the group joined the rest of the district employees in the conference room for a town hall meeting. At the beginning of the town hall meeting various people were awarded with commanders coins for their work on the command inspection and throughout the year.

The commander, who had only been on the job for thirty days, addressed the crowd on his leadership philosophy.

"The Corps of Engineers is not an inanimate object," said Col.(P) Crear in a speech that stressed the

importance of the people who make up the Corps.

Col.(P) Crear summed up his leadership philosophy in three words, "do what's right," and continued his speech by detailing the specifics that make up his leadership philosophy. Some of the topics he focused on included individual initiative, open communication, and loyalty.

After the speech Col.(P) Crear opened the floor to questions from the district employee. The meeting ended with a big HOOAH from those in attendance.

The rest of the day's activities for the visiting members of Southwestern Division included a ground tour of the Port of Houston and other local sites. The Division leaders were joined by local sponsors and members of the Galveston District. That night a social dinner was held at Landry's Restaurant.

The inspection continued July 10 with an aerial tour of the projects. Chief of Project Management Art Janecka and Chief of Program Management Bill Wise joined the group for the visit. On July 11, an evaluation briefing by Col.(P) Crear for the Galveston District ended the command inspection.

Before taking over control of the Southwestern Division, Col.(P) Crear served as the Chief of Staff for Headquarters, U.S. Army Corps of Engineers and as the Commander and District Engineer of the U.S.

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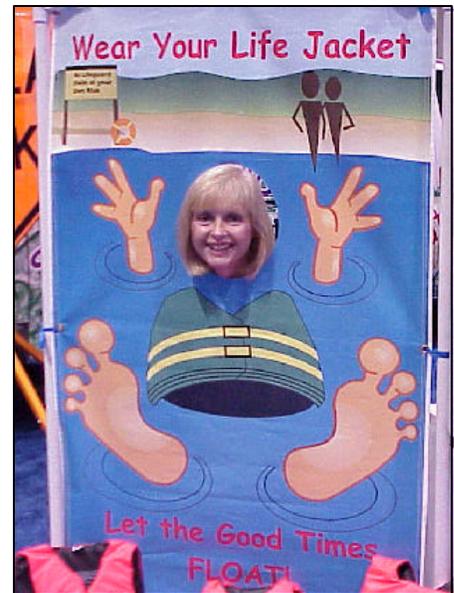
Freedom Under Fire

The Corps teaches water safety at the National NAACP Convention

Thousands of National Association for the Advancement of Colored People (NAACP) members and delegates attended the 93rd Annual NAACP convention in Houston, July 6-11. The NAACP 93rd Annual Convention was held at the George R. Brown Convention Center. Prominent speakers at this year's convention include: Sen. Kay Bailey Hutchinson, Houston Mayor Lee Brown, U.S. Representatives John Lewis and Shelia Jackson Lee, and former U.S. Surgeon General Dr. David Satcher. The convention's main theme, "Freedom Under Fire," was to work at increasing public awareness of the need for election reform and many other issues, all to ensure that every citizen enjoys the right to freedom and justice.

The Galveston and Fort Worth Corps of Engineers attended the conference under the Greater Houston Safe Kids Water Safety Coalition. A display was set up and water safety information handed out to the public. On Saturday over 300 pre-packaged water safety packages were handed out. Also, demonstrations of the importance of wearing your life jackets were performed. Jackets were available for the public to view and try on.

Every branch of U.S. military, Navy, Army, Coast Guard, Marines, and Air Force, were in attendance with display booths. This convention was a wonderful opportunity for the Corps of Engineers to present a positive image to the public with its water safety messages. Individuals in attendance for Sunday July 7, 2002 were Kristine Brown, Helene Kielisch, Madeline Morgan (Safety & Occupational Health Chief, SWF), Emmitt Attaway (Park Ranger, Lake Somerville SWF). Susan Akers-Hirtz of Texas Children's Hospital, Child Injury Prevention Center is the local Safe Kids Representative.



Kris Brown, ranger at the Addicks and Barker reservoirs, joins in the fun at the NAACP convention.

Crear -- continued from page 8...



Army Corps of Engineers, Vicksburg District. Vicksburg, Mississippi is Crear's hometown, which made his position there a very special one.

"I think I have the greatest job in the world," Crear said about his new position. Crear said that he looked forward to the challenges of his new job and was happy to join the Southwestern division.

Col. (P) Crear and Ed Nelson, Southwestern Division, Resource Management, discuss the command inspection.

I N T H E C O R P S



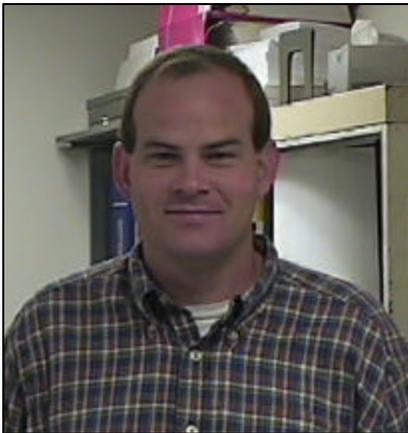
Andrew Mcveigh, Tulsa District



Anjna O'Connor, Fort Worth District



Kim Crawford, Galveston District



John VanLeeuwen, Tulsa District



Rod Gaines, Fort Worth District



Andrea Catanzaro, Galveston District

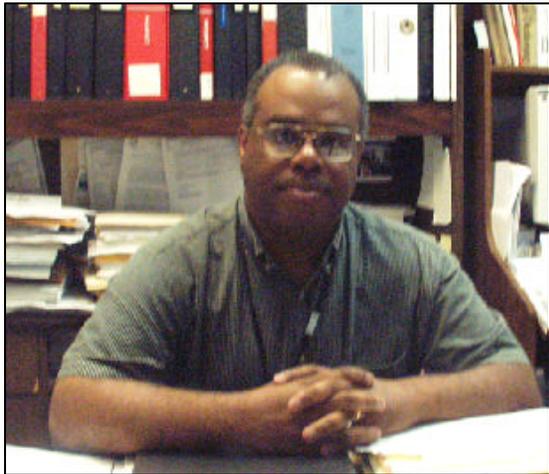
Meet the Emerging Leaders Class of '02

By EL Class of '02

The Emerging Leader (EL) Class of 2002 has been busy during its first year. In a very short time, they learned that one of the best ways to connect with our organization is to get involved. During their six months as ELs, they have been involved in various missions throughout the Southwestern Division (SWD) including Project Management Business Process training facilitation, Forward Engineering Support Teams in support of the War on Terrorism, various developmental assignments and shadowing experiences, maintenance of the EL Program website and EL newsletters, etc. Through active participation, they have expanded their understanding, appreciation, and support of the Corps' diverse missions beyond their expectations.

In the next few months EL Class of '02 will be supporting a campaign to increase awareness of the importance of mentoring and leadership development throughout the SWD. In the upcoming months, the group will be offering tools that engage their interest and involvement in further developing their career and leadership potentials. "We look forward to assisting you," said the class members.

The Adventures of Dan Keys



Dan Keys

A Corps employee leaves the Galveston District to work and live abroad

Dan Keys has accepted a position with the US Army Contracting Command, Europe. Keys will do most of his work in the Regional Contracting Office in Grafenwoehr, Germany. He will also work out of a sub-office in Garmish, commonly known as the resort capital of Germany.

When Keys arrives at his new job in August it will be his first time to see Germany and Europe in general. "My family joked that it wouldn't be enough for me to just visit, I had to do it big and move there," Keys said. While in the Navy, Keys did some traveling abroad, but spent the majority of his time in the Carribean. This was an assignment that he had no complaints about.

When Keys left the Navy, he took his first civilian job with the US Army Corps of Engineers. He has spent 11 years with the Galveston District. "I wanted to broaden my experience and gain exposure to other parts of the army," Keys said about his new position. His tour in Germany will last three years.

The whole Keys family will be making the move from Galveston. His wife, Denise, a Texas A&M graduate, will most likely be teaching in Germany. "There is going to be another aggie in Europe," Keys said about his wife. His two girls, Dadriana and Sidney Benet, are excited about their big move.

Keys received his law degree from Southern University in Baton Rouge. He practices contract law.

Project Update: Neches River Saltwater Barrier



A Galveston District project, the Neches River Saltwater Barrier is coming along with the structure 73% complete.

Your Cholesterol and You

By Tracy C. Orr
Wellness Committee

Cholesterol is a fatty substance (a lipid) that is an important part of the cell membrane in animals. Cholesterol is also found in the bloodstream of man. The cholesterol in a person's blood originates from two major sources, dietary intake and liver production. Dietary cholesterol comes mainly from red meat, poultry, fish, and dairy products. Organ meats, such as liver, are especially high in cholesterol content, while foods of plant origin contain no cholesterol. Following a meal, cholesterol is absorbed by the small intestine into the blood. Cholesterol, like oil, cannot dissolve in the blood unless it is combined with special proteins. The resulting protein-lipid complex is called a lipoprotein.

The liver is capable of removing cholesterol from the blood as well as manufacturing cholesterol and secreting it into the circulatory system. The cholesterol that is secreted by the liver into the blood is either in the form of a very low-density lipoprotein (VLDL), or in the form of a high-density lipoprotein (HDL). VLDL cholesterol is then metabolized in the bloodstream to produce low-density lipoprotein (LDL) cholesterol.

LDL cholesterol is referred to as "bad cholesterol" because elevated LDL cholesterol is associated with an increased risk of coronary heart disease. LDL lipoprotein deposits cholesterol on the artery walls, causing the formation of a hard, thick substance called cholesterol plaque. Over time, cholesterol plaque causes thickening of the artery walls and the subsequent narrowing of the arteries,



a process known as atherosclerosis.

Arteries that supply blood and oxygen to the heart muscle itself are called coronary arteries. When coronary arteries are narrowed by atherosclerosis, they are incapable of supplying enough blood and oxygen to the heart muscle during exertion. Lack of oxygen (ischemia) to the heart muscle can cause chest pain, difficulty breathing (dyspnea), profuse sweating, nausea, and vomiting. The condition is known as "angina pectoris." Furthermore, prolonged ischemia may lead to the death of heart muscle resulting in a heart attack (myocardial infarction). Atherosclerotic disease of coronary arteries (coronary artery disease) is the most common cause of death in the United States. It accounts for approximately 600,000 deaths per year!

HDL is known as "good cholesterol" because HDL cholesterol particles help prevent atherosclerosis by extracting cholesterol from the

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artery walls and disposing of it in the liver. Therefore, high levels of LDL cholesterol and low levels of HDL cholesterol (high LDL/HDL ratios) are risk factors for atherosclerosis, while low levels of LDL cholesterol and high levels of HDL cholesterol (low LDL/HDL ratios) are desirable.

The liver not only manufactures and secretes LDL cholesterol into the blood, it also removes LDL cholesterol from the blood. To remove LDL cholesterol from the blood, the liver relies on special proteins called LDL receptors that are normally present on the surface of liver cells. LDL receptors grab LDL cholesterol particles from the blood and transports them inside the liver. A high number of active LDL receptors on the liver surfaces is associated with the rapid removal of LDL cholesterol from the blood and low blood LDL cholesterol levels. A deficiency of LDL receptors is associated with high LDL cholesterol blood levels.

In the past 10 years, clinical trials have conclusively demonstrated that lowering LDL cholesterol reduces heart attacks and saves lives. The benefits of lowering LDL cholesterol include reducing the formation of new cholesterol plaques, eliminating existing plaques, preventing the rupture of existing plaques, decreasing the risk of heart attacks, and lowering the chance of strokes .

The National Cholesterol Education Program (NCEP) has issued LDL cholesterol treatment guidelines for adults. The NCEP target levels are different for people who have varying risks for heart attacks. For example, since individuals who have already suffered a heart attack have a greater chance of experiencing another heart attack, their LDL cholesterol levels need to be more aggressively lowered than people without known coronary heart diseases.

The NCEP guidelines prior to May 2001 call for lowering LDL cholesterol levels to 100 or less in patients with known coronary artery disease; reducing LDL cholesterol to 130 or less in those without known coronary artery disease, but have two or more risk factors (such as diabetes mellitus, high blood pressure, smoke, low HDL levels, or a family history of early heart attacks) for coronary atherosclerosis; lowering LDL cholesterol to 160 or less in those with no known coronary artery disease and fewer than two risk factors; and selecting a medication that also increases HDL cholesterol levels for patients with low HDL cholesterol levels who also need a medication to lower elevated LDL cholesterol.

High total cholesterol and low HDL cholesterol is undesirable. Conversely, high HDL cholesterol and low total cholesterol is desirable. An average ratio of total cholesterol to HDL is approximately 4.5. Of course, all of us would like to be better than average. Thus, the best ratio would be 2 or 3 or less than 4. In other words, the more the HDL cholesterol you have, the better!

Another important ratio is LDL/HDL. The LDL/HDL ratio is actually a more pure ratio than total cholesterol/HDL because LDL is a measure of bad cholesterol and HDL is a measure of good cholesterol. However, even though total cholesterol/HDL ratio is not as accurate or pure as the LDL/HDL ratio, the former is more commonly obtained because the total cholesterol is easier and cheaper to obtain than the LDL cholesterol level.

In clinical trials involving reducing LDL cholesterol, researchers also studied the effect of HDL cholesterol on atherosclerosis and heart attack rates. They found that even small increases

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in HDL cholesterol levels could reduce the frequency of heart attacks. For each 1 mg/dl increase in HDL cholesterol, there is a 2 to 4% reduction in the risk of coronary heart disease. Although there are no formal guidelines, proposed treatment goals for patients with low HDL cholesterol include increasing HDL cholesterol to higher than 35 mg/dl in men and 45 mg/dl in women with a family history of coronary heart disease; and increasing the HDL cholesterol to approach 45 mg/dl in men and 55 mg/dl in women with known coronary heart disease.

The first step in increasing HDL cholesterol levels (and decreasing LDL/HDL ratios) is life style

changes. When life style changes are insufficient, medication may be required. In prescribing medications, physicians have to take into account medicinal side effects as well as the presence or absence of other abnormalities in cholesterol profiles.

Regular aerobic exercise, loss of excess weight (fat), and cessation of cigarette smoking will increase HDL cholesterol levels. Drinking a glass of wine a day, may also be effective in helping to raise HDL cholesterol. Medications that are effective in increasing HDL cholesterol include nicotinic acid (niacin), gemfibrozil (Lopid), estrogen, and to a lesser extent, the statin drugs.

Wellness Committee Announcements

Blood Drive Complaints Are Being Investigated by The Blood Center

I want to let everyone know that all of the complaints regarding the 4 June 2002 "Blood Drive" have been turned over to The Blood Center. These complaints are currently being reviewed and investigated by representatives of The Blood Center. I have been assured that the problems associated with the last drive will be corrected and won't happen again. Our drive is very important to The Blood Center and they will do everything in their power to insure that our future drives go smoothly and are conducted in a professional manner. Please continue to support our drive.

Weight Watchers begins for Corps Employees

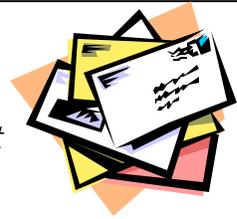
A 15-week "Weight Watchers" program began at the Jadwin Building on July 18, 2002. Weekly meetings will be held every Thursday from 1130 to 1230. Approximately 25 individuals will be participating in the program. Hopefully, this program will run smoothly and we can offer other such programs in the future.

Blood Drive Coming Soon

The next Blood Drive will be Tuesday, 30 July, from 0900 to 1600 in Room 185. The Blood Center has assured me that this drive and all other future drives will be conducted much more professionally and efficiently. Coupons for Casa Ole and tshirts will be given to all donors. Please continue to support our blood drives.

You've Got Mail

Robert Pietzsch has arrived in the Galveston District



When Corps employees pass by the mailroom they will probably notice a new face behind the mailboxes. Robert Pietzsch, pronounced "peach", is one of the newest employees in the Jadwin building.

Pietzsch comes to the Galveston district with a wealth of experience in various subjects. Pietzsch graduated from Baylor University with a degree in marketing and management. Upon graduation he joined

the Navy where he served for a year and a half in various capacities. He was a member of the Beach Masters, a group whose job was to support the elite forces of the Navy SEALs. The navy is also where he gained his first experience working in a mailroom.

When Pietzsch returned from the Navy, he realized how valuable technical skills were becoming. This led him to enroll at the Texas State Technical College where he received a degree in Chemistry. His first big job was with Dow Chemical in Freeport, TX. "This is where I got my first taste of coastal living," Pietzsch said.

Before Pietzsch came to the Corps he was working as a research chemist at the M&M/Mars

plant in Waco, TX. There he worked in research and development, experimenting with new products, and developing new flavors for popular candy like Skittles and Starburst. He took an early retirement

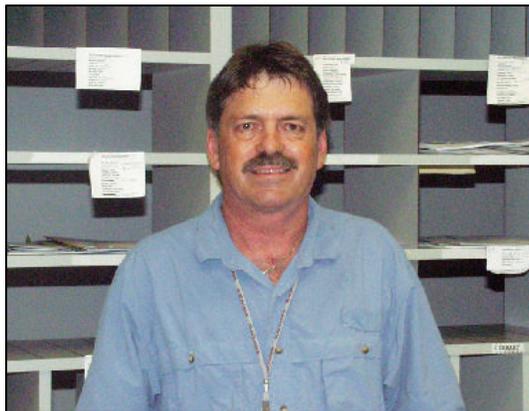
from this job when he turned 50.

Upon retirement, Pietzsch used his time to travel the country and the world. He spent time in places like Alaska, Belize, Holland, and all over Europe. Everywhere he went he was sure to get

in some good fishing. "I am a big fishing fan," Pietzsch said. After four years of traveling and seeing the world, it was his love of fishing and the coast that drew him to the Galveston area. He got here just in time for flounder fishing.

Pietzsch is working in the mailroom as a contract employee with Cherokee Integrated Technology Inc. He says that one of the things he enjoys most about the mailroom is that he gets to deal with people face to face.

Pietzsch also said he is very proud of his daughter, Kristen, who is 23. Kristen will graduate from Southwest Texas in December with a degree in computer information systems.



Robert Pietzsch

Corps Employees Making a Difference



On foot or on wheels, charity events provide a great way to help others and stay healthy

Corps of Engineers employees pride themselves on the work they do to help others. Many members of the Galveston District also take time outside of work to give to the community. Charity races are one of the ways that Corps employees are doing something for others and staying healthy at the same time. The benefits that participants receive from these events far outweigh the free time they give up.

Tracy Orr, Regulatory, is an avid runner who frequently participates in various charity races. On June 22, Orr finished second place in his age group in the "Run by the Bay" 5K run. The Texas City event was a

part of the annual Fun Fest celebration. Orr received a t-shirt and a medallion for his efforts.

Not everyone who participates in these events focuses on the competitive side of the runs. The races are not always against other participants. Some people chose to try and beat their own times or just challenge themselves to finish.

There are events for people of all ages and fitness levels. The events also range in distance and offer participants the option of walking, running,

biking, etc. One of the things they all have in common are the health benefits they provide for their participants. These events give people an opportunity to contribute to a good cause. If these things are not enough incentive, they usually give people who sign up a free t-shirt or some sort of souvenir to remember the race by.



Lizette Richardson, project manager and Earnestine Brown-Roach, operations, pose with Ronald McDonald after participating in a 5K walk benefiting the Ronald McDonald house.

Some people find that participating in fun runs with friends and family is a good way to find the support they need to make it to the end of the race. This also allows them to spend time with people that they care about.

In April, Lizette Richardson, Earnestine Brown-Roach, and Rhonda Brown all partici-

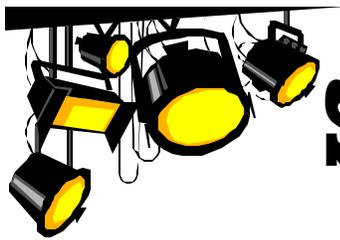
pated in a 5K walk benefiting the Ronald McDonald House. Richardson and Brown enjoyed the event so much that they also participated in a 10K walk in May. That event, which was held at Ellington field, benefited the March of Dimes organization. Brown-Roach and Richardson were joined at the event by two of their coworkers, Jackie Adekanbi and Kin Crawford, and Crawford's daughter Makayla. All the ladies successfully completed the event.

Jack Compton, Regulatory, is a Corps employee who made a charity event a family affair. On April 12, Compton, his wife, and his daughter headed to Winnie, TX for the American Cancer Society Relay for Life. They were part of a 23-member team from their church. The Compton family added 15.5 miles to the group's collective goal of 100 miles. The two-day event included music, food, fellowship, and testimonies from three cancer survivors. "It was a wonderful celebration of life ..." Compton said.

One of the more challenging events of this kind is the BP MS 150 from Houston to Austin. As one of the largest MS 150s in North America, the

event draws more than 9000 riders and 2000 volunteers. On April 20-21, Rhonda Brown, EC, successfully completed the ride, raising \$1000 towards multiple sclerosis in the process.

The many Corps employees who participate in these charity events give their time to help others. However, they find that the events are extremely rewarding as well. Charity runs are a great way to give back to the community while benefiting yourself at the same time. With events for the fast and the slow, the young and the old, on foot and on wheels; everyone can find a race that is right for them.



Spotlight on Roseanne Theobald



Roseanne Theobald on stage at the Community Cup Center for the Arts in Houston.

Many people know Roseanne Theobald for her role at the Corps or her role as a loving grandmother at home. However, not as many people know that she recently took on the role of an actress as well. For the past three weekends, Theobald joined the cast of "The Prisoner of Second Ave" at the Community Cup Center for the Arts in Houston.

The Neil Simon play takes place on the East side of New York. The play focuses on Mel and Edna, a couple who is experiencing some tough times. "The play is a comedy, believe it or not," Theobald said about the seemingly dark plot line. Problems at work, noisy neighbors, barking dogs, breaking pipes, and jiggling toilets all add the tension the couple is feeling.

Theobald played Jessie, the youngest sister of the family. "My character is kind of a ditz," Theobald noted about her role in the play. Once the couple's family steps in to help them the fun really begins. Acting has always been a hobby for Theobald, who has participated in plays at the community theater in the past. The theater puts on a new production about every three months. "It's a big time commitment," Theobald said about the productions. However for an actor, the draw of the stage is a hard thing to resist. Theobald said she plans to take a break from acting for now but will probably be back on the stage sometime next year.

CASTLE COMMENTS

July Birthdays



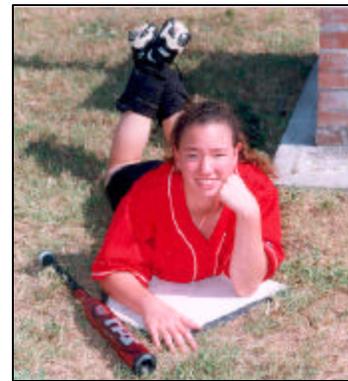
Ed Mason	July 2
Jerald Hood	July 3
Ryan Fordyce	July 3
Robert Sherwood	July 3
Carol Nelson	July 5
Eric Willmore	July 6
Ishaq Syed	July 7
Joe Hrametz	July 7
Billy Christmas	July 7
Ella Cassity	July 9
Ronnie Benavides	July 11
Marie Pattilo	July 12
Ramon Sierra	July 12
Floyd Wright	July 12
Daniel McQueen	July 14
Leigh Adams	July 16
Carol Hollaway	July 18
Mike Diaz	July 18
Pat Salinas	July 19
Richard McDonald	July 19
Randolph Batiste	July 19
Faye Arenz	July 19
Gus Marinos	July 20
Abel De Leon	July 20
Rafael Rubalcaba	July 21
Demetrice Jones	July 22
Malcolm Sedtal	July 22
Cindy Jones	July 24
Lavonne Collins	July 24
John Davidson	July 26
Joel Patlan	July 26
David Petit	July 27
Terry Heatherly	July 29
Karl Brown	July 29
Marianne Sefcik	July 29
Bruce Briggs	July 29
Kanu Patel	July 29
Sean Saenz	July 30
Sandra Byron	July 30
Jose Castro	July 31

Congratulations



Jerry Benavides, Jr., son of Jerry and Veronica Benavides, PPMD, graduated from O'Connell High School this May. He played football all of his high school years. He was named into Who's Who Among American High School Students. Jerry will be attending Galveston College in the Fall.

Kimberley Benavides, daughter of Jerry Sr. and Veronica Benavides, PPMD, graduated from the 8th grade at Galveston Catholic School. She was a cheerleader for the 2001-2002 school year. She also played volleyball, basketball, and softball. Kimberley will be attending O'Connell High School in the fall.



Jill Sims joins staff at the Colorado River Locks. She will be working as a laborer for the summer. Sims lives in Bay City, Texas. She will be attending Wharton County Jr. College in the fall.

Get Well Soon

Trey Lemoine, 15 year old son of Howard "Duke" Lemoine, Southern Area Office, was moved into a private room after being admitted to the hospital in critical condition. Lemoine thanks everyone for their prayers and concerns. Please continue to pray for Lemione and his family, especially for Trey as he continues to battle his illness.

Condolences

Anthony Bonanno, father of Rosanne Theobald, PMG, passed away the night of June 2. Services were held July 4 at the Roller-Citizens Funeral Home. Please keep Rosanne and her family in your thoughts and prayers.

Glen H. Humble, a former employee with the Corpus Christi Office, passed away on July 2. He was 87 years old. Humble retired in 1980 after working for more than 30 years as a Civil Engineer Technician with the then Corpus Christi Area Office. Services were held July 3 at Rose Hill Memorial Park in Corpus. Please keep the Humble family in your thoughts and prayers.

Johni Carlisle, mother of Kathi Dunaway & mother-in-law of Larry Dunaway passed away quietly in her sleep Wednesday night, June 26, after a lengthy illness. Services were held Saturday, June 29, 2002 at Narrow Way Cemetery in Lufkin, TX. Please keep Kathi and her family in your thoughts and prayers.

On June 20, 2002, Ollie Marie Fojtik passed away. She was the wife of former Colorado River Locks Operator Jim Fojtik. Services were held on Tuesday, June 25, 2002 at the First Penecostal Church in Bay City, Texas. Please keep Jim and his family in your prayers during this loss of their loved one

Employees Say Thanks

Mr. Randy Batiste at the Port Arthur office would like to thank everyone in the district who sent prayers and condolences when his wife, Marie Batiste, passed away. Thanks for your support.



"Thank you for all the kindness you have shown. Thank you for all your sympathy in sorrowing days and friendship's healing touch. Though words cannot convey the tender thoughts and thankfulness we hold for you. Thank you and may God continue to bless each of you."

The family of Dan Kovacevich.



Thank you all for the love, prayers, support & concern that you have shown me not only at this time of loss, but during the last year and a half of my mother's illness. It means so much to me.

I would like to give a special thanks to Guy (Williams) for his generosity, understanding, willingness to work with me and my personal needs, allowing me to leave at a moments notice and work remotely when possible. All employees should be so lucky. Also to my co-workers (especially Ed(Mason)) who have taken up the slack, rearranged schedules and supported me, never once complaining. I do appreciate it beyond words.

Sincerely - Kathi



Dear Corps Family,

Mere words can not express how much my family and I appreciate all that you have done. The flowers that you all sent to my Dad's funeral were magnificent. It was such a beautiful arrangement and the ribbon across it read "Your Corps of Engineers Family". Truer words have never been spoken. The card is beautiful and holds so many kind words and comfort from so many of you. You all have always been there when needed, with kind words, thoughts and deeds and I will always hold all of you dear to my heart.

Many thanks from the family of Anthony J. Bonanno

With warm thoughts,
Roseanne

Southern Area Office Participates in Engineer Day - "their way"



The Southern Area Office held its observance of Engineer Day with a hike across Harbor Bridge. Following the hike (rear) Delia Reyes, Debbie Jones, Janice Hudman, Larry Ramos, Eljio Garza, (front) Duke Lemoine and Able DeLeon relax on the front steps of the area office.



Lunch was at Joe's Crab Shack. Above, left to right, Larry Ramos, Noe Cadena and wife, Yolanda, Joseph Huskey, Lloyd Mullens, Domingo Galindo, Mary Jane Ramos and Eljio Garza.



At the left, John Wong, Mary Jane Ramos, Eljio Garza, Adolfo Sandoval, Mrs. Lemoine, Paul Sandoval, Larry Ramos and Noe Cadena.

Upcoming Events in August

Aug. 7 - 9

*Texas Ports and Waterways
Conference
Corpus Christi*

Aug. 6

*Summer Hire & Co-Op Lunch
Jadwin Building*

Aug. 13

*Quarterly Lunch
with Congressman Nick
Lampson*

Aug. 21 - 23

*GICA Conference
New Orleans*

Aug. 19 - 22

*Logistics Conference
Corpus Christi*

Aug. 27

*First - line Supervisors/Middle
Managers
Brown Bag Lunch
Room 175*