



**US Army Corps
of Engineers**
Galveston District

The Sand Castle

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





On the cover: Funnel clouds generated by Hurricane Lili taken by Carlton Brown's sister from an off-shore oil rig. Above: Kris Brown in front of the Water Safety display at the Outdoor Kids Expo in September at Houston-McGregor Park.. For more see page 13.

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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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LETTERS TO THE EDITOR

Please include an address and phone number on all letters. We reserve the right to edit letters for clarity, style, and space and to use them electronically and in print.

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PMBP, the Project Management Business Process. By now you have been introduced to the term, you have worked through one or two of the CDs and you are starting to get a flavor for the program. Over the next several months you will be learning much more about PMBP through viewing of additional CD's and planned Small Group Discussions. But for some of you that I have talked to in the halls you still have a lingering question, WHY? How does it may my job easier? or Why should I care?



Col. Leonard D. Waterworth

I think the chief has done a great job explaining those questions but let me give you my spin on PMBP. I'll start by giving you questions, do you want to work harder or do you want to work smarter? Do you want to make the same mistakes someone else made or would you rather learn from their mistakes? Do you want Galveston Engineer District to be a great place to live and work long into the future? I know there will be thousand different answers but think about your answer within the environment where we find ourselves right now.

We run a complex system that strives to meet national and local infrastructure requirements. Each requirement must be in balance between economic development and environmental sustainability, and we need local sponsors to help pay part of the bill. If that were not hard enough, we have to do this in an open and unbiased process, where everyone can participate. This process builds consensus and eventually gets the best benefits for the tax payers dollar.

WOW..that would be hard if what I just described were the only conditions we had to work under. Now let me pile on... we are an aging work force, we may be told to contract-out greater the 30% of our work, and we are always under the pressure to do it Cheaper, Faster, and Better, or it will be sent out-of-house to a contracting firm. Now you may be getting to the answer why we need PMBP.

We are not your father's District. Customers have other choices out there and we don't have the excess engineering capabilities that we had in the past which allowed us to throw additional assets at problems. We need to get smarter in the way we do business. We need to share common experiences so we do not make the same mistake twice. We need to maximize Corps expertise. We need to remain competitive with industry or we may lose our work to private industry under the assumption that private industry can do a better job taking care of the public interest.

So why do we need PMBP? We need to learn; we need to stay current; we need to change with the times or be left behind. Each and everyone of us need to embrace PMBP. The future is coming, so lets take charge and shape the furture to better serve our Nation.



*Lieutenant General
Robert B. Flowers*

Update to the Command

I will first address what I know on the issue of competitive outsourcing of what have been termed “non-core” military positions that has been raised in a number of national publications, emails and other sources. I, and the rest of the Corps’ leadership, are fully aware of your concerns on this issue and are actively engaged in addressing it.

Secretary of the Army White signed a memorandum on 4 October directing all Army elements to develop implementation plans to outsource positions considered non-core competencies. These are positions considered to be not in direct support of The Army’s war-fighting mission that could possibly be performed by other federal agencies or the private sector. This requirement is in support of President Bush’s management initiatives for government.

I would like to be able to tell you that we have all the answers to your questions, but at this point we don’t. I remain committed in my pledge to you that my number one focus is on taking care of all members of the Corps, military and civilian. Our leadership is effectively engaged with DOD and DA.

We will do our best to ensure the military’s leadership understands the entire Corps is “core” to the war fight, with unique capabilities that can be leveraged at home and abroad to support our forces and the ongoing war on terrorism.

This nation’s Civil Works Program, and the fact that it resides within the United States Army Corps of Engineers, gives America a capability not found anywhere else in the world. It is a capability that has served this nation in peace and war since Congress directed the mission be given to the Corps in 1824. We will keep you informed of our progress on this issue.

In the interim, continue to do the great work you do for America. Fiscal Year 2002 closed out very successfully thanks to a lot of very hard work by everyone with a responsibility for budget execution. Military Programs committed 97.3% of their budget and awarded 96.5% of their projects. In real numbers, that equates to awarding \$4.058 billion of \$4.169 billion available, and 356 of 369 projects. Civil Works also had a highly successful year with \$4.8 billion in expenditures - 102% of the projected budget.

Finally, with respect to our response to natural disasters, we are currently supporting the citizens of Louisiana in the aftermath of Hurricane Lili, which came ashore on 3 October. FEMA gave the Corps eight missions under our Emergency Support Function 3, Public Works and Engineering, responsibility. At our peak of support, 96 great USACE members were directly supporting this mission.

This type of support is what America has come to expect of us, and we met those expectations throughout FY02 whenever we were called upon.

I remain proud of all you do.

Essayons!

Bob Flowers



Kerry Michael Stanley 1959-2002

Services for Kerry Michael Stanley, 43, of Galveston, were held at 1 p.m. Saturday, Sept. 21 at the Geo. J. Carroll & Son Funeral Home Chapel with the Rev. Herman Plott, pastor of Eastside Church of Nazarene, officiating. Burial followed in Fairview Cemetery in Denison under the direction of Geo. J. Carroll & Son Funeral Home of Gainesville. Mr. Stanley died Sept. 14, 2002, in Houston. He was born in August 29, 1959, in Wichita Falls to William and Nona White Stanley. He graduated from Gainesville High School in 1977, and Texas A&M at Galveston in 1987 with honors in marine biology. He was a biologist in the Regulatory Branch of the U.S. Army Corps of Engineers, Galveston District from 1987, until the present.

Survivors include his parents, William and Nona Stanley of Gainesville; grandparent, Velma Ruth White of Gainesville; brother and sister-in-law, Scott Allen and Krista Stanley of Hayward, California; sisters and brothers-in-law, Karen and Sam Leach of Uzbekistan and Rebecca and Todd Horton of Italy; two nieces and four nephews.

Individuals wishing to make memorial gifts can contribute to the Kerry Michael Stanley Scholarship Fund, N. Central Texas College Endowment Fund, 1525 West California, Gainesville, Texas 76240.

All Is Well

*Death is nothing at all,
I have only slipped into the next room
I am I and you are you
Whatever we were to each other, that we are still.
Call me by my old familiar name,
Speak to me in the easy way which you always used
Put no difference in your tone,
Wear no forced air of solemnity or sorrow
Laugh as we always laughed at the little jokes we enjoyed together.
Play, smile, think of me, pray for me.
Let my name be ever the household word that it always was,
Let it be spoken without effect, without the trace of shadow on it.
Life means all that it ever meant.
It is the same as it ever was, there is unbroken continuity.
Why should I be out of mind because I am out of sight?
I am waiting for you, for an interval, somewhere very near,
Just around the corner.
All is well.*

-Henry Scott Holland

Corps participates in townhall meeting with Overbrook Civic Club on Sims Bayou

The Galveston District met with the Overbrook Civic Club at a Town Hall Meeting on September 17, 2002, at the SE Command Center (Houston Police Dept). In addition to the Overbrook Civic Club, representatives attended from the office of Congresswoman Jackson-Lee, the office of Councilwoman Carol Alvarado, and the Harris County Flood Control District. Attendees from the Corps were: Don Allen, Lizette Richardson, Rick Harrison, Bob Behrens, Mike Diaz, Gerald Dunaway, and Michele Castelline.

Concerning the streets, the Corps will reimburse the City of Houston, Public Works and Engineering, for 100% of the cost of street repair for damages caused by the Corps' contractors during construction of the Sims Bayou Flood Control Project. The Corps can pay for no betterments associated with the streets, such as, but not limited to, street lights, sidewalks, etc. It is the Corps' position that Southbrook is the only street damaged by its contractors, based on before and after construction video/photos and designated haul routes. The Corps will reimburse the COH to rebuild the subbase of the street, not just an asphalt overlay. The Corps and Public Works and Engineering are currently negotiating the specifics of the Southbrook repair and cost, and attorneys for the Corps and City are currently negotiating a contractual agreement for the Southbrook repair.

The Corps and Overbrook Civic Club disagree about damages to two streets in the subdivision, Northdale and Crosswell. Northdale was a designated haul route. The Corps' position is that Northdale was not damaged by its contractors and, thus, the Corps cannot reimburse the City for repairs to Northdale. Crosswell was not a designated haul route. The Corps' position is that Crosswell was in a deteriorated condition prior to construction on Sims Bayou and, thus, was not suitable for use as a haul route. However, numerous citizens stated that Crosswell was used by Corps' contractors. The Corps requested that citizens

submit affidavits as to the frequency and/or damage of Corps contractor trucks using Crosswell in order to have an official record for challenging the Corps claim of not using and not damaging Crosswell.

To resolve the issue of the disagreement on Northdale and Crosswell, the Corps requested that key personnel from all the parties involved meet in a smaller group setting to discuss and seek resolution. Key personnel will be from the Overbrook Civic Club, Congresswoman Jackson-Lee's office, Councilwoman Alvarado's office, Public Works and Engineering, the HCFCFD, and the Corps. This meeting should take place as soon as possible, preferably after the submittal of affidavits, and will involve reviewing before and after videos/photos on street conditions.

The Corps, and the HCFCFD, are responsible for drainage for the flood control project within the boundaries of the project right-of-way

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Claims are being made that Corps' contractors damaged streets while hauling to and from the Sims Bayou Project.

Blurb on PMPB

“We gotta ‘learn it, live it and love it!’ The Corps future depends on it.” said Maj. Joe Hanus, deputy commander of Galveston District, from his training class for new district commanders and deputies in Washington, D.C. The “it” he is referring to is Project Management Business Process, better known as PMPB.

Galveston District is a leader in training its members in PMPB. Classes covering disk 2 in the training course are being held in the Jadwin Building and soon will spread to the satellite offices: Wallisville on Oct. 18; Port Arthur Area Offices and the Neches site on Oct. 21; The Colorado River Locks on Oct. 28; Southern Area Office and the southern regulatory staff on Oct. 28; Addicks on Oct. 29; Brownsville and the INS office on Oct. 29 and the Brazos River Flood Gates on Oct. 30.

Training on Disc No. 3 in the Jadwin Building will begin on Oct. 21 and continue through Oct. 30.



The district is going all out on training in the Project Management Business Process with a series of classes covering the six training CD's for the course.

continued from page 6...

acquired by the HCFCD. Generally, the Corps replaces local storm water drainage laterals, that outfall within the project right-of-way, “in-kind”. These lateral drains and their associated drainage areas are the responsibility of the local jurisdictional entity, which in the Overbrook area is the City of Houston. The Overbrook Civic Club will request the City to make fiber optic/camera examination of the condition of lateral storm drains for Southbrook.

The Sims Bayou project dramatically lowered potential flood levels from Tropical Storm Allison by up to 10 feet within the completed reaches of the bayou. The peak flood stage recorded at Telephone Road during Allison was approximately 28 feet for a peak flow of 25,800 cubic feet per second. The previous record for the gage was recorded in Hurricane Alicia in 1983 when the peak stage was approximately 33 feet but the flow rate was only 11,400 cubic feet per second.

Unfortunately, the remaining, unimproved reaches of the Bayou cannot withstand the flow velocities that would result from this much lowering of the bayou without generating dangerous scour conditions. Accordingly, temporary structures are necessary to prevent erosion that would undermine bridges and threaten nearby homes. There are two major temporary control structures in place on the Sims Bayou project at this time. One is located downstream of the Cullen Boulevard bridge and the other is located just downstream of the Swallow Street bridge. Both structures were designed to allow as much draw down of flood water as possible in the unimproved reaches without exceeding safe flow velocities. The temporary control structure downstream of Swallow Street will be removed after the MLK bridge is replaced. The HCFCD is to award a contract for the MLK bridge in the near future and the work is expected to be completed about January 2004.

However, since the meeting, the City of Houston has repaved all the roads.

Corps has dry-run with Hurricane Lili

She never came, but we were ready. Or were we? The advance section of the Crisis Action Team (CAT) was deployed the afternoon of Oct. 1 to the Addicks and Barker offices to set up an Emergency Operation Center in preparation for the arrival of Hurricane Lili.

If the storm had arrived, daily emergency operations would have been able to continue from these temporary offices. Other teams would have arrived and work on storm caused problems would have started.

The advanced teams worked well together, but, on this first-time-ever set-up, there were a few hiccups they were not prepared for.

The largest problem seemed to be with the phone system at Addicks and Barker. The 1-800 phone number would not roll over to another number, none of the AEOC numbers rolled over, they would not ring on another open line, the switch was not configured, and the conference/hand-free capability did not work well.

Information Management personnel were there to have the extra computer equipment brought from Galveston up and running and they found some

equipment not working well and realized they might have brought too much of one thing and not enough of another.

Timing was an issue that needs to be resolved. When does the team deploy? How soon do others follow? Although spelled out in the district's hurricane plan, the reality of an actual deployment brought home the critical aspect of the timing.

The district learned much from the dry run and Gus Marinus, Emergency Management, continues to work on the long list of lessons learned. "We will, however, prioritize the consolidated/expanded list of lessons learned for use during the next iteration of hurricane plan revisions this coming fall and winter," he said.



Kathy Dunaway works on set up.



A&B personnel help out.



The Advance Team

Corps welcomes new employees



Juanita Henson

Juanita Henson obtained a Bachelor Degree in Business from the University of Florida. She has 10 years in the United States Army, rank of Captain. She is currently interning in the Logistics office. "I think Galveston is a well kept secret and a very warm and friendly place to gain employment. I love the beach and what a better place to work than by the ocean." She is from Lakeland, Florida.



Danna Svejkosky



Shane Hunt



Shane Hunt is a graduate student at Texas A&M Galveston in the Marine Resource Management program. He graduated from TAMUG in December 2001, with a B.S. in Marine Biology. He currently works for the Environmental branch for the Galveston District. He is originally from Oklahoma.

RIW (reduction in weight) in Galveston District

Eleven weeks into the program and the District employees involved with the Weight Watchers program are celebrating an enormous loss, 331.4 pounds! Congratulations to all of those involved! The group is not only celebrating their losses, but getting ready for the next session. New sessions begin in three weeks. Everyone is encouraged to join! Exact prices have not been negotiated. Contact Gloria Brunt for more information about meeting times and prices.



When losers are winners...

Theft-proof your home:

Make sure you lock up, keep lights on, install alarms



According to the FBI, a burglary occurs once every 11 seconds in the United States. Two out of three burglaries are residential, and 60 percent of them occur in broad daylight. Are you a prime target for a break-in?

If your house has not been “burglar-proofed,” you just might be. To a thief, breaking into your house is as easy as 1-2-3. Here’s how the average burglary occurs:

1. Burglars look for an easy access point into your home, like a window hidden behind tall bushes or trees. If the area is concealed or dark, their job is that much easier.
2. After gaining entry, the first stop is usually the master bedroom. Here the thief will waste no time turning your room upside down looking for cash, jewelry, cameras or other valuables. Next, the burglar will quickly run through the house to look for “gifts” — that’s burglar-speak for small appliances like TVs, laptop computers, VCRs or stereo systems.
3. Last stop is the garage. Here the burglar will proceed to load all your possessions into your car, which he’ll then use for a quick get-away.

Lights on

One of the best ways to prevent burglary is to create the illusion of activity in the house. Purchase at least two plug-in timers for lamps and set them to run on different cycles. For example, have one light on in the living room from dark to about 11 p.m.; and another in the bedrooms from about 9 pm until 1 am. You can also get programmable timers for your televisions, audio systems and household appliances.

Don’t forget your outdoor lighting. Set timers to come on at dusk and go off at dawn. And to scare away intruders before they get too close, use motion detector spotlights. They protect the perimeter of your house at night by coming on when triggered by motion in front of the sensor beam.

Lock up

While this might seem obvious, many people forget to lock up the house completely. This means making sure the windows are latched shut, the doors bolted and all the curtains drawn. Remember, a thief is just as comfortable using your window for access as you are using the front door. If you have a sliding glass door, cut a two-by-four to fit the inside track and prevent the door from opening.

Wired for sound

Alarms are another smart option for preventing intrusions. They come either hard wired or wireless, and monitored or non-monitored. Wireless alarm systems work well and can include window and door sensors, motion detectors and even smoke alarms. Instead of signaling a break-in through wiring to a standard alarm control center, the signal is sent via a wireless transmitter to a centrally located receiver, which notifies a monitoring service or the authorities directly. Some wireless alarms can be programmed to call or page you if the alarm has been activated.

Stop the presses

Piles of newspapers and mail at the front door are a sure sign no one is home. Have these services stopped, or better yet, ask a neighbor to collect them. The fewer people that know you are gone, the better and having a trusted neighbor stop by is another set of eyes to assure that all is well.

Burglary by the numbers

Every 11 seconds, burglars break into a house, apartment or condominium. Estimates for burglaries nationwide are 2,329,950. Sixty percent of residential burglaries occurred during the daylight hours, four percent lower than 1997. Losses experienced by burglary victims are estimated at \$3.1 billion. Average loss per



Is your mechanic honest??

Complaints about auto repair facilities rank in the top five of all complaints tracked by the Better Business Bureau. But it's not difficult to learn how to avoid becoming a victim of auto repair fraud. They take your money, your confidence and now they can possibly put your life at risk. Researching the right auto repair facility is also key. Here's what to check:

Current Certification: Top auto repair facilities make sure their mechanics are trained and certified by the National Institute for Automotive Service Excellence. ASE certified mechanics must pass comprehensive exams in each specialized area they service, like for cars, trucks or collision repair. Plus, they must be re-certified every five years, an important qualifier since auto repair technology is constantly changing.

Watch warranties: Check what length of warranty the shop offers on repairs. Ninety days is good, six months is better. If your repair includes new parts, find out what warranty is offered by the part's manufacturer. Part warranties are important if you break down far from the original shop that made the repair and could save you from having to pay for the same part.

Determine Pricing Policy: There are two methods for pricing repairs and knowing which one your shop uses says a lot about how much you'll ultimately pay for a repair. If your shop uses "Book Rate" pricing, they are relying on a nationally published estimating manual which establishes the number of hours you should be charged for a specific job, regardless of how long it actually takes to do the job. This pricing cuts both ways. For example, under "book rate" pricing, you might expect to pay for 2 hours to replace an exhaust system. But if the mechanic only takes an 1 1/2 hours to do the job, you'll still pay for two.

Better Business Bureau: Check whether the shop has any complaints on file with the BBB. Better yet, see if the station is a member. Better Business Bureau (BBB) member businesses must pre-commit to a dispute resolution process if a complaint comes up after the repair is made.

residential burglary was \$1,350. July had the greatest number of burglaries recorded and February had the least amount. The South was the region with the highest volume of burglaries, reported 42 percent of all burglaries committed. The West reported 23 percent. The Midwest reported 21 percent. The Northeast had the least amount of burglaries, reporting 14 percent of all burglaries committed and the greatest decrease in burglaries, reporting a 7 percent drop from 1997. Sixty-five percent of all burglaries were by forcible entry. Twenty-eight percent were by unlawful entry (entry with no force, achieved via an open door or window.) Seven percent were reported as an attempted forcible entry (attempt made at forcible entry interrupted when burglar is frightened off.)

Notify police

Call your local police department and ask if they keep a "vacant house list." You'll need to tell them when you'll be away and give them important information like how many cars should be on your property, if anyone will be stopping by to water plants, etc.

Neighborhood Watch

One of the most effective and inexpensive ways to secure your home at the property line is to turn on the eyes and ears of your neighborhood. Community policing programs like Neighborhood Watch have shown great success in reducing property crime around the world. Burglars know when they're being watched. And they don't like it.

In's and Out's of the Common Cold

Sneezing, scratchy throat, runny nose — everyone knows the first signs of a cold, probably the most common illness known. Although the common cold is usually mild, with symptoms lasting a week or less, it is a leading cause of doctor visits and of school and job absenteeism.

The Problem

In the course of a year, individuals in the United States suffer 1 billion colds, according to some estimates.

Colds are most prevalent among children, and seem to be related to youngsters' relative lack of resistance to infection and to contacts with other children in day-care centers and schools. Children have about six to ten colds a year. In families with children in school, the number of colds per child can be as high as 12 a year. Adults average about two to four colds a year, although the range varies widely. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children. On average, individuals older than 60 have fewer than one cold a year.

The Causes

More than 200 different viruses are known to cause the symptoms of the common cold. Some, such as the rhinoviruses, seldom produce serious illnesses. Others, such as parainfluenza and respiratory syncytial virus, produce mild infections in adults but can precipitate severe lower respiratory infections in young children.

Rhinoviruses (from the Greek *rhin*, meaning "nose") cause an estimated 30 to 35 percent of all adult colds, and are most active in early fall, spring and summer. More than 110 distinct rhinovirus types have been identified. These agents grow best at temperatures of 33 degrees Celsius (about 91 degrees Fahrenheit (F)), the temperature of the human nasal mucosa.

Coronaviruses are believed to cause a large percentage of all adult colds. They induce colds primarily in the winter and early spring. Of the more than 30 isolated strains, three or four infect humans.

The importance of coronaviruses as causative agents is hard to assess because, unlike rhinoviruses, they are difficult to grow in the laboratory.

Approximately 10 to 15 percent of adult colds are caused by viruses also responsible for other, more severe illnesses: adenoviruses, coxsackieviruses, echoviruses, orthomyxoviruses (including influenza A and B viruses), paramyxoviruses (including several parainfluenza viruses), respiratory syncytial virus and enteroviruses.

The causes of 30 to 50 percent of adult colds, presumed to be viral, remain unidentified. The same viruses that produce colds in adults appear to cause colds in children. The relative importance of various viruses in pediatric colds, however, is unclear because of the difficulty in isolating the precise cause of symptoms in studies of children with colds.

Does Cold Weather Cause a Cold?

Although many people are convinced that a cold results from exposure to cold weather, or from getting chilled or overheated, NIAID grantees have found that these conditions have little or no effect on the development or severity of a cold. Nor is susceptibility apparently related to factors such as exercise, diet, or enlarged tonsils or adenoids. On the other hand, research suggests that psychological stress, allergic disorders affecting the nasal passages or pharynx (throat), and menstrual cycles may have an impact on a person's susceptibility to colds.

The Cold Season

In the United States, most colds occur during the fall and winter. Beginning in late August or early September, the incidence of colds increases slowly for a few weeks and remains high until March or April, when it declines. Seasonal changes in relative humidity also may affect the prevalence of colds. The most common cold-causing viruses survive better when humidity is low — the colder months of the year. Cold weather also may make the nasal

passages' lining drier and more vulnerable to viral infection.

Cold Symptoms

Symptoms of the common cold usually begin two to three days after infection and often include nasal discharge, obstruction of nasal breathing, swelling of the sinus membranes, sneezing, sore throat, cough, and headache. Fever is usually slight but can climb to 102 degrees Fahrenheit in infants and young children. Cold symptoms can last from two to 14 days, but two-thirds of people recover in a week. If symptoms occur often or last much longer than two weeks, they may be the result of an allergy rather than a cold.

Colds occasionally can lead to secondary bacterial infections of the middle ear or sinuses, requiring treatment with antibiotics. High fever, significantly swollen glands, severe facial pain in the sinuses, and a cough that produces mucus, may indicate a complication or more serious illness requiring a doctor's attention.

How Colds are Spread

Depending on the virus type, any or all of the following routes of transmission may be common:

- Touching infectious respiratory secretions on skin and on environmental surfaces and then touching the eyes or nose.
- Inhaling relatively large particles of respiratory secretions transported briefly in the air.
- Inhaling droplet nuclei: smaller infectious particles suspended in the air for long periods of time.

Prevention

Handwashing is the simplest and most effective way to keep from getting rhinovirus colds. Not touching the nose or eyes is another. Individuals with colds should always sneeze or cough into a facial tissue, and promptly throw it away. If possible, one should avoid close, prolonged exposure to persons who have colds.

Treatment

Only symptomatic treatment is available for uncomplicated cases of the common cold: bed rest,

plenty of fluids, gargling with warm salt water, petroleum jelly for a raw nose, and aspirin or acetaminophen to relieve headache or fever.

Nonprescription cold remedies, including decongestants and cough suppressants, may relieve some cold symptoms but will not prevent, cure, or even shorten the duration of illness. Moreover, most have some side effects, such as drowsiness, dizziness, insomnia, or upset stomach, and should be taken with care. Nonprescription antihistamines may have some effect in relieving inflammatory



Kris Brown, ranger at the Addicks and Barker Reservoirs, proudly holds a citation given her by Texas Parks and Wildlife for the work she did on water safety during the Outdoor Kids Expo where thousands of Houston school children were taught a water safety program.



October Birthdays

Eric Russek	Oct 1
Robert Muzny	Oct 2
Bobby Perez	Oct 2
Gerald Voelkel	Oct 2
Arlynra Edwards	Oct 3
Amanda Schneider	Oct 3
Bernice Rivers	Oct 4
Deloris Greenwood	Oct 4
Baldev Mann	Oct 5
Thomas Hunt	Oct 6
Thomas Patchimrat	Oct 7
Jerry Sonnier	Oct 8
E. Brown-Roach	Oct 8
Armido Filidei	Oct 8
Jonathan Parker	Oct 9
Gloria Appell	Oct 11
Jody Stephens	Oct 11
Michael Nelson	Oct 13
Adolfo Sandovol	Oct 14
Paul Cox	Oct 14
Bryan Herczeg	Oct 16
Delia Deckard	Oct 17
Robert Boren	Oct 17
Mitchell Mayo	Oct 18
Christy Sorrels	Oct 19
Volker Schmidt	Oct 22
Lawrence Redd	Oct 23
Sandra Blackwell	Oct 23
Dwayne Johnson	Oct 24
Joel Arneson	Oct 25
Andrew Williams	Oct 25
Dalton Krueger	Oct 26
Micheal Mosby	Oct 27
Janet Thomas-Botello	Oct 27
Dewey Brunt	Oct 31

Retiree News

Recently three retirees came to visit the office to see some of their old co-worker. They represented over a 100 years of combined service to the Corps. Yet they were treated like total strangers. They were given red badges and had to be escorted around the very building that they once walked freely. Why can't we have retirees ID's so retirees can come back aboard without a hassle? The problem is that former civilian employees were not issued ID cards. They have always been welcome to the installation but they have not been identifying themselves as retirees to the guards. COL Waterworth has coordinated with PAO and this is the result. PAO will provide him with a list of all SWG retirees receiving the Sandcastle. That list will be provided to the guards. Also in the next issue of the Sandcastle, a statement to retirees will be included, requesting that they identify themselves to the guards as retirees to have unescorted access to the facility. Once they have access they may receive a badge with photo if necessary.

Thank you Galveston District...

I would like to thank each and everyone of you that offered the many kind words of sympathy at my brother's death. It is always comforting to know others care. My brother was a courageous individual that fought a long and brave battle. He believed in living each day to the fullest and that he did, even when it became very difficult. I also appreciate and thank you for the donations that are to be made to the American Cancer Society in his name (William "Bill" Szanyi), which Mr. Benero was kind enough to process. On behalf of myself, my brother's wife (Sylvia) and family, thank you again for your generosity and your kindness.

Sincerely,
Carol Nelson

On behalf of Tahlia, John Max and myself we would like to thank everyone for the wonderful cards, thoughts, emails and gifts. The birth of our son has truly been a great experience and a blessing in our lives. We are very thankful for all the support we have received from everyone here in the district.

Thank You,
John, Tahlia and John Max Gaskin





Job Well Done!

The final numbers for FY 02

Execution in the General Investigations, Construction General, and Operation and Maintenance and they are **OUTSTANDING!**

We broke 100% in all three appropriations. Congratulations to all of you... in Planning and Environmental, Engineering and Construction, Real Estate, Operations & Maintenance, Contracting, Resource Management, the Area and Field Offices, PPMD, Office of Counsel and all others for all of your hard work in executing the District's Program this past fiscal year in these appropriations.

None of this could have occurred without all of you pulling together as a team to effectively execute the program and constantly identify needs and excess funds in all three appropriations, allowing the continuous reprogramming to occur within each one. I also know that there are many of you out there who put in extra time to make sure accruals and pay estimates were taken care of when needed. Thank you all for your hard work.

Bill Wise

Condolences

Funeral services for Frank Ramirez's mother, Marie Isabel Ramirez were held at 10 a.m., 20 September, at Carnes Brothers Funeral Home. Burial services followed at Calvary Catholic Cemetery. Visitation was held from 5 p.m. until 8 p.m. on 19 September.



Speechmakers

On September 17, Dalton Krueger spoke to the SOUTH ATLANTIC DIVISION/ NORTH ATLANTIC DIVISION/WESTERN DREDGING ASSOCIATION REGIONAL DREDGING CONFERENCE about the status of the HGNC project and the use of beneficial uses in the construction.

Wellness News:

"We regrettably bid farewell to Tracy Orr and would like to thank him for all the many articles he wrote and the many years of organizing blood drives and flu shots. As we attempt to fill Tracy's shoes, we will be seeking volunteers to assist with the Wellness Committee Programs. *Stay tuned for Wellness Committee volunteer opportunities.*

Rhonda Brown

The Wellness Committee is up and running. A preliminary meeting was held with Rhonda Brown, Cindy Burke, Earnestine Brown-Roach and Maj. Hanus. The following issues were discussed:

1. *Blood Drives.* Bill Jakeway is currently coordinating these events, but he would like to share this opportunity!
2. *Flu Shots.* Rhonda Brown is coordinating these events.
3. *EAP.* Joy Smith will continue doing an excellent job with this program.
4. *Weight Watchers.* Gloria Brunt will be the District coordinator. A new class will be starting in November - come and join us in preparing for the holidays. I
5. *SandCastle Articles.* Cindy Burke will be the new guest columnist, providing updates on the Wellness Committee and relative wellness information.

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responses such as runny nose and watery eyes that are commonly associated with colds. Antibiotics do not kill viruses. These prescription drugs should be used only for rare bacterial complications, such as sinusitis or ear infections, that can develop as secondary infections.

Does Vitamin C Have a Role?

Many people are convinced that taking large quantities of vitamin C will prevent colds or relieve symptoms. To date, no conclusive data has shown that large doses of vitamin C prevent colds. The vitamin may reduce the severity or duration of symptoms, but there is no definitive evidence.

Taking vitamin C over long periods of time in large amounts may be harmful. Too much vitamin C can cause severe diarrhea, a particular danger for elderly people and small children. In addition, too much vitamin C distorts results of tests commonly used to measure the amount of glucose in urine and blood. Combining oral anticoagulant drugs and excessive amounts of vitamin C can produce abnormal results in blood-clotting tests.

Interferon-alpha has been studied extensively for the treatment of the common cold. Investigators have shown interferon, given in daily doses by nasal spray, can prevent infection and illness. Most cold researchers are concentrating on other approaches to combatting cold viruses.

Upcoming Events

Veteran's Day

October 29

Yoga Class
11:30 a.m. - 12:30 p.m.
Conference Room 185

October 30

Dredge Conference
8:00a.m.-4:30p.m.
Moody Gardens Conference
Center

October 31

Hispanic Employment
Program
8:00 a.m. - 4:00 p.m.
Conference Room 175

November 1

Weight Watchers Meeting
10:30 a.m. - 11:00 a.m.
Conference Room 185

November 5 Election Day

November 6

Flu and Pneumonia Shots
8:30 a.m. - 1:30 p.m.
Conference Room 185

November 7

Weight Watchers Meeting
10:30 - 11:00 a.m.
Conference Room 185

November 11 HOLIDAY

November 12

Groundbreaking Ceremony
Lynchburg Pump Project
9:30 a.m. - 4:00 p.m.

November 13

Project Review Board
8:30 a.m. - 12:30 p.m.
Conference Room 175

November 14

Weight Watchers Meeting
10:30 a.m. - 11:00 a.m.
Conference Room 185

November 19-21

Inland Waterways Users
Board

November 21

EEO Native America Indian/
Alaskan Program
8:00 a.m. - 12:00 p.m.
Conference Room 175

November 26

Credit Card Training (T)
8:00 a.m. - 12:00 p.m.
Conference Room 175

Blood Drive

8:00 a.m. - 4:00 p.m.
Conference Room 185

November 28 HOLIDAY

Thanksgiving Day

