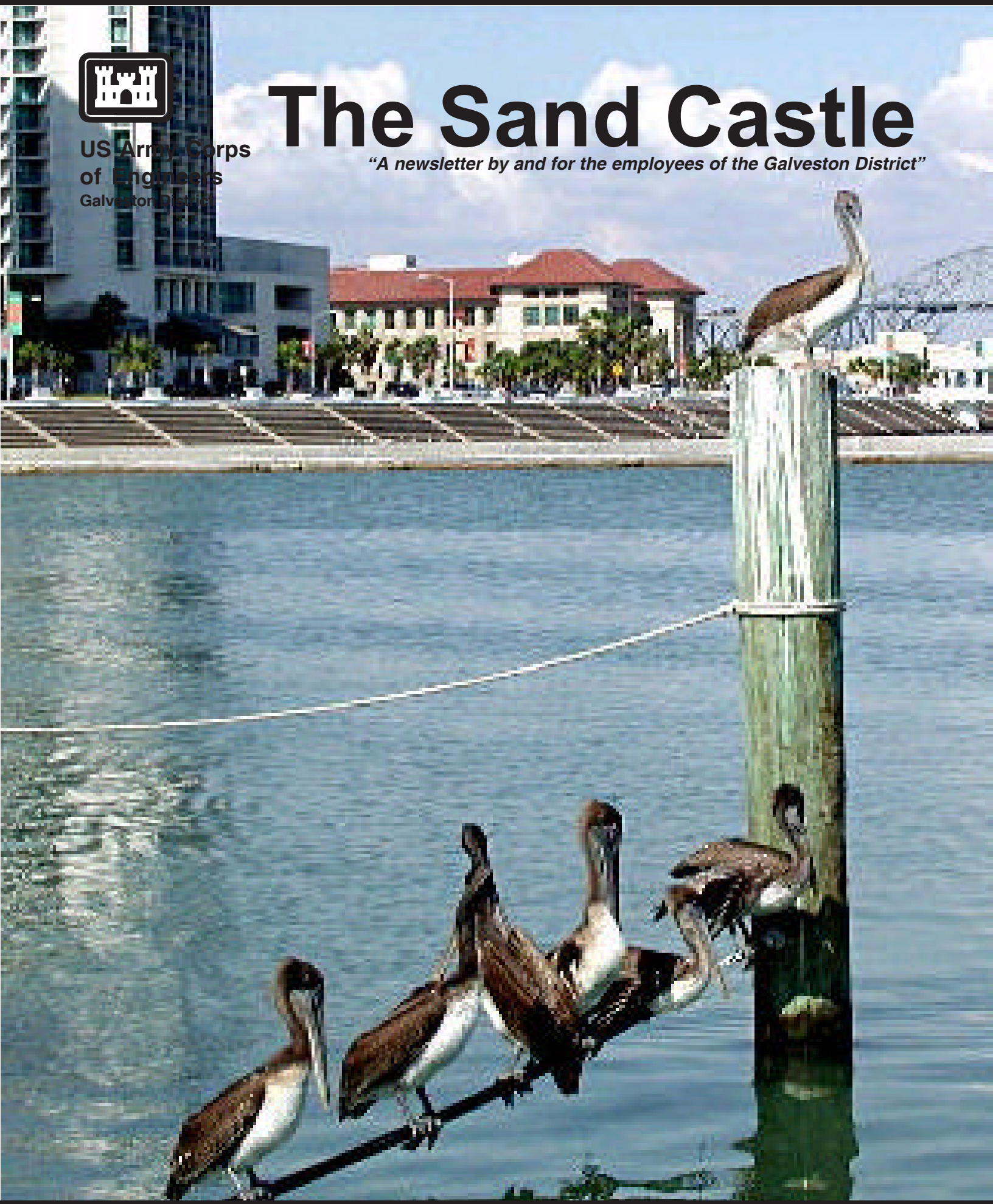
GALVESTON DISTRICT'S

US Army Corps
of Engineers
Galveston District

The Sand Castle

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



MARCH 2002

On the cover: *A photo of Corpus Christi. The 4th Coastal Issues Conference was held in at the Solomon Ortiz convention center in Corpus Christi, February 24-27th; story on page 5.*

On the right: *A volunteer helps out at Sims Bayou; story on page 7.*

Volume 19 Number 3

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

Col. Leonard D. Waterworth

I want to start this article by saying Thank you TEAM Galveston! Thank you for all you accomplish in these busy times. I had no idea this District was such a busy one. When I visit with other district engineers and we discuss issues we are involved in, they are really surprised to hear how busy we are.

Recently we had one of the largest public hearings this District has ever hosted; the subject was the Bayport Terminal Facility. Nearly 4,000 people turned out for the hearing to voice their concerns on the Draft Environmental Impact Statement for the facility. A month later we held another public hearing on the Shoal Point Container Facility and had about 400 folks show up.

I thought we might take a breather after that but shortly thereafter we hosted a workshop and meeting for the public in Victoria to gather comments on an archeological site. You might wonder how we got involved with an archeological site. We obtained an easement from DuPont Co. so we could deepen and widen the channel to Victoria. Because the area is known for its artifacts, we hired a contractor to conduct some site testing. What he discovered was one of the oldest and largest prehistoric sites in North America! Now we have to make an informed decision as to the extent of analysis and testing of the remains and artifacts. After meeting privately with several federally recognized Native American Indian Tribes, we held a public workshop and meeting. Over 200 archaeologist and local citizens attended the meeting.

Presently we are in the middle of the mid-year budget process. Most of you know the civil works budget in the Presidential Budget was reduced over last year. We have been meeting with our congressmen to brief them on the impacts to the projects based on the proposed budgets. Congress will work with the President to prioritize national resources and we will know later this year what next year's budget will look like for this District. Whatever the budget is, we will execute it aggressively and efficiently with the professionalism we automatically apply to our projects.

There are so many topics I could mention, O&M, working with the Immigration and Naturalization Service, our ongoing dredging projects, contracting, all our regulatory work. What it comes down to is we have a lot of work going on and you are doing a great job.

I want to give you a comparison that shows how great you are doing. Our Chief, Lt. Gen. Flowers recently published the USACE Environmental Operating Principles. These seven principles dictate how the Corps will do business.

1) Strive to achieve environmental sustainability.
2) Recognize the interdependence of life and the physical environment.
3) Seek balance and synergy among human development activities and natural systems by designing economic and environmental solutions that support and reinforce one another.
4) Continue to accept corporate responsibility and accountability under the law for activities and decisions under our control that impact human health and welfare and the continued viability of natural systems.
5) Seeks ways and means to assess and mitigate cumulative impacts to the environment;
6) Build and share an integrated scientific, economic, and social knowledge base that support a greater understanding of the environment and impacts of our work.
7) Respect the views of individuals and groups interested in Corps activities, listen to them actively, and learn from their perspectives in the search to find innovative win-win solutions to the Nation's problems that also protect and enhance the environment.

continue on page 14...

PROJECT UPDATE: Channel to Victoria

Public offers opinions on archaeology dig at Corps hearing

The two elementary school boys, who spoke later in the hearing, took sketches from the posters.

The U.S. Army Corps of Engineers, Galveston District conducted a public meeting on February 26 in Victoria to allow comments and questions from the public on the human remains found at the Buckeye Knoll site on DuPont property.

A period was set-aside in the beginning for the audience to look at photos of the site, topographic maps, diagrams and photos of awls, knives, scrapers, choppers, and other various tools. The audience was also given the opportunity to speak to archaeologists, professional and avocational, about the dig south of the city.

Col. Leonard Waterworth, District Commander of the Corps of Engineers welcomed the crowd of more than 200 and emphasized that no decision would be made soon about analysis of the remains.

"We are here to inform and to be informed and we will continue to conduct these meetings until I have enough information to make a correct decision," said Waterworth.

Presenter Jim Bruseth, State Historical Preservation Office emphasized the importance of the site and stated that the position of the SHPO was that a full analysis needed to be done.

Time was then given to the pubic to comment, beginning with elected official, County Judge Helen Walker, who agreed that further analysis needed to be done.

The next speaker, who identified herself as a native American said, "We are not a science project."

She also stated that Bruseth was incorrect in saying that the site didn't fall under the law protecting the Native Americans remains.

She was one of only three speakers to speak against analysis of the remains. Two boys from a local elementary school, who attended the hearing for extra credit, also spoke against further analysis.

Carolyn Murphy, Chief of the Environmental Section, answered questions that were gathered from the public earlier that evening and stated due to the number of questions, questions that were not answered would be on the corps website.

Col. Waterworth concluded the hearing, and encouraged the audience to visit the corps website for updates.

Corps wins award for Galveston State Park at 4th Coastal Issues Conference

Galveston District and the work of Bob Bass were honored at the fourth annual Coastal Issues Conference held Feb. 25 in Corpus Christi. The meeting is sponsored annually by the Texas General Land Office.

Col. Leonard Waterworth accepted the award from Coastal America for the district and Bob Bass, retiree who formerly worked in Planning Division. Honored was the Galveston Island State Park Restoration Team for the restoration work there.

This bayshore project, the first of its kind in Texas used geotextile tubes of three different sizes for protection from erosion, marsh terracing to restore the marsh areas and bird nesting islands lost due to subsidence, and seagrass planting to restore seagrass meadows extirpated more than 25 years ago. The project has creasted extensive support for habitat restoration along the Texas Coast.

Partners on the team included the Texas Parks and Wildlife Department, the U.S. Fish and Wildlife Service, the NOAA National marine Fisheries Service, the Galveston Bay Estuary Program, the U.S. Army Corps of Engineers with Bass serving as the corps' representative, the Texas General Land Office, Reliant Energy, the USDA Natural Resource Conservation Service, the Galveston Bay foundation, Shiner, Moseley and Associates and Dredge America.

Galveston District was represented on the program by Richard Medina, Planning, speaking during the sessions on the beneficial uses of dredged material. Terry Roberts, Planning, was also on the program to speak about dredging in the Lower Laguna Madre. Fred Anthamatten, Regulatory, spoke on wetlands.

Camping at Galveston Island State Park.

Sand dunes.

U.S. Army Corps of Engineers and Corpus Christi work on emergency power exercise

The U.S. Army Corps of Engineers combined forces with the Corpus Christi Emergency Management Office in an exercise that determined the area's capability to provide emergency power following a major disaster.

Elements of the 249th Engineer Battalion, the only active-duty battalion in the U.S. Army Corps of Engineers, headquartered at Ft. Belvoir, VA, were in the Coastal Bend area until March 1 to conduct emergency power assessments of critical government buildings and facilities. The assessments included police and fire stations, water and wastewater facilities, potential shelters and assistance centers and other similar facilities.

The assessment teams worked out of a temporary operations center located at the Corps' Southern Area Office, North Chapparal St., Corpus Christi.

As part of the Corps emergency management planning, assessments such as this provides the Corps with a database of emergency power requirements for critical facilities throughout the United States. While the Corps capability to provide emergency power is only used to supplement state and local capabilities, the Corps is frequently requested to provide emergency power assistance following a major disaster. Over a dozen soldiers from the 249th were in Houston last year helping the City of Houston and the State of Texas provide emergency power at the Texas Medical Center after the flooding from Tropical Storm Allison.

The staff of Southern Area Office

A valuable training opportunity accompanies the assessment exercise. The 249th soldiers are able to train one-on-one with local facilities managers to learn about the types of city and county facilities they might see if deployed to this area following a hurricane disaster.

"While many of the most critical facilities have emergency generators, the information collected in these assessments will be invaluable to the Corps emergency emergency planning effort in support of the Federal Response Plan," said Gus Marinos, chief of the Corps' emergency management office in Galveston.

Similar assessments were conducted in the Houston/ Galveston area in 1999 and 2000 and became part of the Corps' disaster planning program.

The 249th is a multi-component unit with Active duty and U.S. Army Reserve soldiers. The battalion generates and distributes prime electrical power in support of warfighting, disaster relief, stability and support operations as well as provides advice and technical assistance in all aspects of electrical power and distribution systems. It also maintains Army power generation and distribution war reserves.

The Battalion Commander of the 249th Engineer Battalion (Prime Power) is also the Commandant of the U.S. Army Prime Power School located at Fort Belvoir, VA. The Prime Power School conducts the Prime Power Production Course, a year-long training program for Active and Reserve soldiers, and Navy Seabees.

Helping the Environment

Galveston District, Harris County Flood Control District, and environmentalists team up to plant and cut trees at Sims Bayou

On Saturday, March 9th, a small group of concerned citizens, environmentalists, Harris County Flood Control District and U.S. ArmyCorps of Engineers, Galveston District employees assembled at Sims Bayou to not only plant trees, but to cut them down as well.

How does this make sense? There are currently willows growing within the Sims Bayou channel that cannot remain because they will block the flows during floods. Since the willows would have to be removed anyway, the U.S. Army Corps of Engineers, Galveston District, decided to use the cut willows to do a test site in a protected area of Sims Bayou, outside of the channel flows.

Volunteer plants tree along Sims Bayou.

Bioengineering, the combination of biological, mechanical, and ecological tools is used to control erosion and stabilize soil. Living and nonliving plants are designed to work together to provide a structural system that stabilizes slopes on riparian areas while also providing wildlife habitat.

Used as natural construction materials, similar in performance to manmade construction materials, these solutions are less expensive and lower maintenance than traditional methods. Since bioengineering is a seasonally sensitive engineering solution, mostly installed during plant dormancy, it is difficult to use on large channel projects where a majority of construction takes place during warmer months. In addition to the seasonal challenges, bioengineering has not been used much in the Houston area; therefore, finding contractors with this specialized experience is difficult.

Some bioengineering treatments being used on the Sims Bayou test site include: placing willow bundles ("wattles") horizontally in trenches, inserting 3 foot long willow "trunk" and "branch" stakes into the ground, installing dormancy-frozen willow stakes and wattles, and the use of a variety of plant species for installing stakes and wattles at varying locations along the slopes. If successful, these stakes, wattles, and limb cuttings will germinate and become a living network of interwoven vegetation, resulting in increased slope stability, erosion protection, and habitat enhancement.

This bioengineering test site will be observed and the results used in other riparian areas of Galveston District projects where such techniques are applicable. The corps will continue to seek ways to improve the environmental sustainability of projects and working together in partnership with citizens and local agencies enables that process.

Canoeist "Philly Joe" plans to see America in the "American Victory Tour"

Joe Kolodziejski and Gracie visits the Colorado River Locks on their way.

as seen in The Advocate, Victoria, Tx. on Feb.19, 2002

Joe and Gracie at the Colorado River Locks.

Joe Kolodziejski said he never even considered dying as he fought a deadly cancer that almost won, but instead was determined to do something no one else had done before him. That was five years ago. Plans didn't really begin to gel until after the attack of Sept. 11 and he felt he had to do something for America.

"I tried to re-enlist in the Army. They told me the Social Security office was down the hall," said the impish 55-year-old Philadelphian.

On Feb. 2, he rowed out of Aransas Pass and headed out to circumvent the United States, a trip dedicated to the heroes of Sept. 11, but also what he calls "a poke in the eye tour." He explained, "Terrorism is aimed at making you afraid and so they win a little bit. If we continue with our lives, that gives them a poke in the eye. If I put myself out where I'm exposed and say 'I dare you,' we win a little."

Traveling in a loaded-down 20-foot canoe with Gracie O'Malley, a full-blooded mongrel, for a companion, the trip has already been adventuresome.

After a stop in Port O'Connor, he reached Indianola. He was the guest of Sharon and John Bailey, who provided a cabin to sleep in as frigid winds and high seas kept him near shore until Sunday morning.

"All along, people have invited me home for dinner," he said. It only proves up what he learned a long time ago. "I developed a love for this country, not the country, but the people."

Growing up in Philadelphia, Kolodziejski said he may be more patriotic than most simply because he's had more exposure. He remembers being able to touch the Liberty Bell, visits to Independence Hall, Christ Church where George Washington prayed and Benjamin Franklin's grave. On his trip, which may be 24,000 miles, or could be a lot longer, there is nothing in his boat that isn't American made "including me."

His drinking water comes out of a gasoline can because he couldn't find another suitable container that was manufactured in America. He travels with no means of communication, partly because it's hard to find cell phones made in the United States and partly for another reason.

"When you see a kite up in the sky, it looks like a bird. But it's not really free like a bird. If you cut the string, its only act of freedom is to nose-dive to the ground. I'd rather be a bird. A real thing, you know."

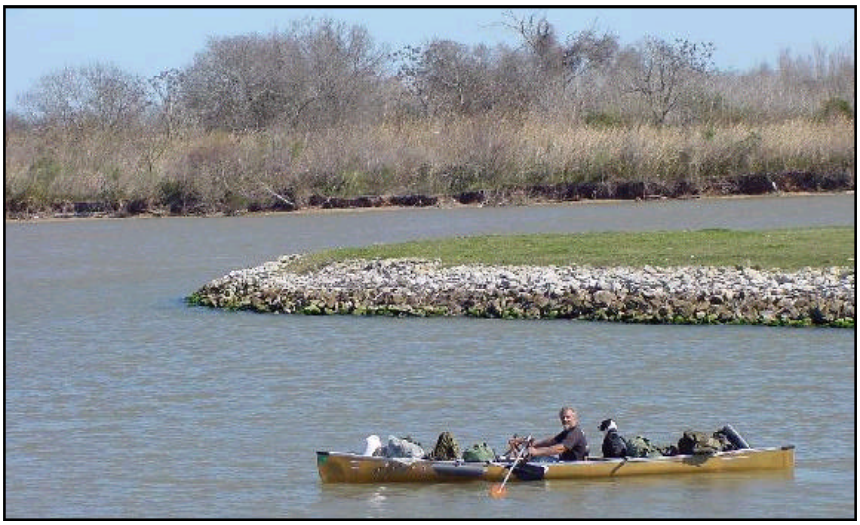
Kolodziejski paddled out of

Matagorda Bay Sunday morning heading for Palacios, Galveston, New Orleans and on around the coast to Florida while staying close to the Gulf Intracoastal Waterway. He will travel up the East Coast with a stop at home in Philadelphia. Then on to Nova Scotia, through the St. Lawrence Seaway and over into the Great Lakes. Plans call for making a side trip to Chicago because "It's only 300 miles out of the way. I couldn't pass it up and they have the best kielbasa (sausage)."

Canoeing and sometimes walking across the top of the nation, Kolodziejski will also travel Canada's waterways. Then it's down the West Coast, through the Panama Canal, to Cortez, Mexico and eventually, back into the Gulf. In all, he will touch on or be in nine countries.

"It could take five or six years, I hoping to do it in three." He is also hoping to master canoeing enough so that he travels between 25 and 30 miles per day. However, he doesn't expect to make the trip in one full-sweep. He will be back in Texas for the winter.

In dedicating the trip to America's heroes, Kolodziejski said, "This is a wonderful country with wonderful people and most of them have no idea how wonderful they are."



Top: Feb. 2, 2002, dozens of friends and supporters say goodbye; Middle: Joe and Gracie on their way to New Orleans, La; Bottom: leaving the Colorado River Locks.

*Sailing vessel, the **Morning Dew**, before acquired by the accident owner.*

The Tragedy of the *Morning Dew*

By Commander Peter Simons and Dan Wyatt

Just after midnight on December 19, 1997, an alert radioman at Coast Guard Group Charleston heard a barely audible call to the Coast Guard on channel 16. The unintelligible call was not repeated, and the calling party did not respond to the Coast Guard watchstander who made several attempts to communicate. Six hours later, crewmembers on an inbound vessel reported hearing a cry for help from near the rock jetties protecting the entrance to Charleston harbor. The Coast Guard requested assistance from a pilot boat in the area and dispatched a search and rescue vessel.

The search effort eventually revealed the wreckage of a sailboat. The bodies of two teenagers were found shortly thereafter in the frigid waters near the jetty. The operator of the sailing vessel MORNING DEW had run the boat aground on the breakwater after apparently becoming disoriented during a nighttime transit in the typically heavy weather encountered in winter along the Atlantic seaboard.

One adult and three teenage boys lost their lives in that tragic incident. Subsequent analyses of the tapes made of the midnight call revealed that by not providing complete information, the caller prevented a timely search and rescue response. The case of the MORNING DEW illustrates a number of important communications lessons for recreational boaters.

Communications requirements

Radios are not required on pleasure boats under 20 meters in length. However, prudent mariners never sail without an operating marine radio, even if it just to the ship channel and back from Clear Lake. A radio is critical for summoning assistance when the unexpected interrupts an otherwise enjoyable outing on Galveston Bay. Whether communicating with the Coast Guard, a private salvor, an assistance company or a fellow mariner, the ability to summon help by radio is essential to ensuring safe outing. On busy Galveston Bay, a radio is also the only way a boater can communicate with merchant vessels.

Commercial vessels (i.e., ships and tugs and tows) transiting Galveston Bay, generally announce their maneuvering intentions on the radio. For example, "This is the M/V MITAGS approaching Lighted Buoy 16 bound for Texas City standing by for any concerned traffic in the vicinity of the ICW"). A recreational boater approaching an area of congestion can often determine the intentions of vessels just by listening to the radio.

Although every recreational boat should carry a marine radio, the law, which is the Vessel Bridge-to-Bridge Radiotelephone Act, requires only four types of vessels to carry one:

(1) every power-driven vessel 20 meters or more in length (while navigating);
(2) every vessel of 100 gross tons or more carrying one or more passengers for hire (again, while navigating);
(3) a towing vessel greater than or equal to 26 feet in length; and,
(4) every dredge and floating plant near or in a channel when their operations are likely to restrict or affect the navigation of other vessels.

Vessels subject to the Bridge-to-Bridge Radiotelephone Act must monitor channel 13 VHF-FM (156.65 MHz) in addition to channel 16 (156.80 MHz). However, the National Vessel Traffic Service Regulations provide that a vessel maintaining a listening watch on the assigned VTS frequency

*A map where the **Morning Dew** was sighted.*

may monitor that frequency instead of the International Distress and Calling Channel.

By regulation, operators of vessels not subject to the Bridge-to-Bridge Radiotelephone Act but who still choose to carry a marine radio (such as recreational vessels) are required to monitor channel 16 whenever they are not conversing on another frequency. The same regulations also provide that such vessels "may maintain a watch on channel 9 (156.450 MHz) for call and reply purposes." This is an excellent idea, considering the congestion currently experienced on channel 16 in the Galveston Bay area.

Finally, regulations also require that any radios have a receiver/transmitter capable of receiving and transmitting on channel 16 and channel 6 (156.300 MHz), in addition to one or more working frequencies and any other frequency necessary for the service of the vessel in question. The ability to use Channel 16 facilitates communications with response

The Basics of Marine Communications

While some people feel comfortable talking on a marine radio it is an uncomfortable or unfamiliar activity for others. As with any piece of equipment or tool, the user should know how to operate the equipment effectively. This includes knowing what to say and how to say it, understanding which frequencies are used for which purposes, and understanding how and when, to send a call for help.

Rehearse what you are going to say before picking up a radio microphone. When you know what you want to say, begin with the name of the vessel being called, followed by the name of the vessel calling and the channel on which you are calling. Then signify the end of your transmission with the word "over" or "out". For example: "M/V MITAGS, this is the F/V RED OAK on channel 9, over."

The word "over" is used when one expects a reply or believes the conversation is not finished. The word "out," on the other hand, is used to signify an end to the conversation on that particular frequency. For example, "M/V MITAGS, this is the F/V RED OAK, switch and answer channel 71, out."

Always use appropriate "working" frequencies for routine conversations. Hailing frequencies, such as channels 9 and 16, and the distress frequency (channel 16) should be used sparingly, such as to establish contact with a station that can not otherwise be reached on another frequency. Although radio checks can be conducted on channel 16, it is preferable to attempt them first on another frequency. For example, use a channel you know the local harbormaster or yacht club monitors. This alleviates a substantial amount of otherwise unnecessary congestion.

It is important that every mariner know how to make a MAYDAY call, although, hopefully, you will never have to issue one. The word "mayday" comes from the French "m'aidez," literally "help me!" It is used only by a mariner in distress (for example, one who is taking on water and in possible danger of sinking). A proper MAYDAY call consists of the following parts, in the following order: the word "MAYDAY" repeated three times (this gets the attention of all listeners on the frequency), the name of the vessel requiring assistance repeated three times, the location of the vessel , either in latitude and longitude or reference to a common geographic point, and the nature of distress. If you hear a MAYDAY call on the channel you are operating on you should cease any communications you are involved in and standby to possibly render assistance. However, you should allow the Coast Guard to first answer the call for assistance before responding yourself to any MAYDAY call. Once the Coast Guard has responded, you should offer your assistance to the endangered mariner as well as the Coast Guard. You may then proceed toward the disabled vessel while you await further instructions from the Coast Guard.

Enhancing maritime communications in Galveston Bay

Fortunately for recreational boaters, Galveston Bay has a large amount of activity so there is usually a large number of vessels present to render assistance or relay calls for assistance.

Commercial vessels (i.e., ships and tugs with tows) announce their intentions through "Securite" (pronounced see cure a tay) broadcasts and maintain communications with the Coast Guard Vessel Traffic Service (VTS). The VTS monitors the movement of commercial vessels on Galveston Bay with communications equipment, radar and closed-circuit television cameras.

All commercial vessels are required to participate with the VTS. This participation takes the form of check-in reports from the vessel and advisory reports provided by the VTS. VTS uses three frequencies to accomplish this task: channel 05A (156.250 MHz) is the initial check-in frequency and serves the entire Galveston Bay area. Channel 12 (156.6000 MHz) covers the Houston Ship Channel south of Light 113, which is near the Exxon refinery in Baytown; and channel 11 (156.550 MHz) covers the channel north of light 113.

Recreational boaters can enhance their enjoyment of the water by following these simple rules:

(1) Never leave the dock without a marine radio. Know how the radio works and conduct a radio check (preferably with a friend on a channel other than channel 16) before getting underway.

Are there penalties for issuing a *FALSE* distress call?
Check it out:
6 years in prison
$250,000 criminal fine
$5,000 civil fine

How much does the U.S. Coast Guard spend on its search and rescue cases?
Plenty:
Each hour a U.S. Coast Guard aircraft is aloft costs about $3,700 - and several may be used in a single search.
Medium size ships, referred to as cutters, cost roughly $1,550 an hour to run.
U.S. Coast Guard small boat costs between $300 and $400 per hour to operate.

(2) Always monitor channel 16, when not otherwise conversing on another channel. Many radios sold today have the capability of transmitting and receiving on a separate channel, a so-called "working frequency," while monitoring channel 16 simultaneously.

(3) Avoid using channel 16 as a hailing frequency. Reserve it for emergency calls only. Instead, arrange with friends before departing on a voyage to use a dedicated channel as a dedicated call-in or check-in frequency during your trip.

(4) Keep the communications short and to the point if it becomes necessary to communicate on channel 16. Never use channel 16 as a frequency for conversing or prolonged communications. An exception would be to communicate search and rescue information to the Coast Guard.

(5) Contact ships and tows transiting Galveston Bay on channel 13. If you receive no response, contact the Vessel Traffic Service on one of its three operating frequencies (channels 5A, 11 or 12). These frequencies are busy so confine conversations to essential information.

(6) Think through your communications before using channel 13 or 16. Planning what you need to say in advance will facilitate your message and minimize the amount of time you spend on these congested channels.

(7) Ensure that everyone in your boat knows how to operate the radio. Remember that you may be one whose life depends on your crew making a prompt and effective call.

For more information on the accident of the *Morning Dew*, go to *www.ntsb.gov/Publictn/1999/MAR9901.htm*

Commander Peter Simons, US Coast Guard, is Administrative Officer of Vessel Traffic Service Houston-Galveston. He is a graduate of the US Coast Guard Academy and Georgetown University law school.
Dan Wyatt is Chief of Safety and Occupational Health, USACE,Galveston District. An avid boater, he is Chairman of the Lakewood yacht Club Captains' Roundtable, Administrative Officer of the Galveston Bay Power Squadron and a past commodore of the Texas Mariners Cruising Association.

Colorado River Locks goes through some changes

In preparation for spring break crowd soon to arrive, the U.S. Army Corps of Engineers, Galveston District, placed warning signs at the Colorado River Locks to alert small boaters, fishing vessels, and pleasure crafts not to enter the locks when tug boats are in transit and to remind visitors that the locks are a "no wake" zone.

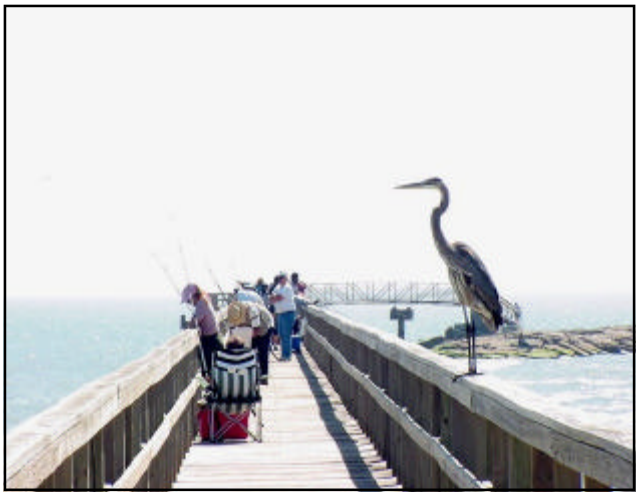
Warning signs.

"These signs are an asset to the safety of the boaters as they transit the Colorado River Locks," said Simon DeSoto, Lockmaster at the Colorado River Locks.

The green neon aluminum signs are located at all entrances to the locks, on the canal sides, as well as the riversides.

Along with the signs, the Mouth of the Colorado walkway is scheduled for completion in May.

The almost completed walkway at the Mouth of the Colorado.


Visitors and locals from Matagorda fish on the walkway.

***Commander's Column* continued from page 3...**

This sounds like our concept of a great place to live and work. What is cool about his presentation is that he gives two examples that demonstrate these principles, a military project and a civil work project. Team, the Chief is talking about you! In his slide "Putting the Principles into Action" he sites the marsh restoration, Aransas National Wildlife Refuge, Texas and the 1600 acres of marsh we are building along the GIWW. The Chief will brief all of his general officers and tell them to make it happen, (just like Galveston). We will try to get the slide presentation on our web page so you can see for yourself.

I hope you understand my message to you but let me reemphasize that message. I know everyone is extremely busy and working under a lot of pressure with pressing deadlines. I also know you are doing a great job and are working together as Team Galveston does so well.

From left: Harry Kohler, Faye Arenz, Kathy Moore, Maria Henkel, Rose Caballero, Lynette Mills, Sandra Morrison, Pat Salinas, Kim Crawford, Carol Nelson, Paula Wise, and Demetrice Jones, with Col. Leonard Waterworth in the front.

Federal Women's Program kicks off with proclamation signing

"This is a great way to start the Federal Women's Program," said Col. Waterworth, District Engineer, on the signing of the Federal Women's Proclamation. "The more involved we are, the more success of this program."

The purpose of the FWP is to identify problems and develop methods to be utilized in assuring women equal consideration in all aspects of employment to which they are entitled under the law, and to advise the commander concerning women in the work force.

" We want to review and identify patterns of practice, supervisory attitudes, and any other problem areas which lead themselves to a denial of equal opportunity to women in areas of employment, promotion, training, status, and recognition," said Paula Wise, the new director of FWP.

The signing took place in the commander's office on March 4.

CALENDAR:

MARCH

March 22
Channel 13 Consumer Reporter, Nydia Han, will speak in room 185 at 10:30 a.m.

APRIL

April 24
Clerical employee of the year award ceremony

April 25
Field trip for clerical employees to the Neches River Saltwater Barrier

MAY

May 22
Career Enhancement Workshop, which includes supervisor panel discussion, interview skills presentation, HR presentation on Resumex and Brenda Bradley Smith (PE)

AUGUST

August 22
Linda Garvin from HQ-RE, SESer, will speak at 10:00 a.m.

FOREVER..... *Young*

by Tracy Orr

Approximately seventy-seven million "baby boomers" will enter the Medicare program in the next 10 years! Furthermore, a recent medical study conducted at Mt. Sinai Medical Center suggests that 60 percent of people over the age of 65, as well as many of the "baby boomers, " are using alternative medicines in the hopes of fmding the so-called "fountain of youth." Alternative medicines include hormones, acupuncture, chiropractic, herbal therapies, and vitamin/ mineral supplements, among others.

Over a billion dollars is spent each year in the United States on anti-aging medicines and sports supplements. But the question is, do they work? And are they safe?

Let's take a look at some of the most widely used medicines that have been labeled by many as "anti-aging" agents. We'll look not only at the claims they make, but also at their possible adverse side effects on the body.

Dhea. Dhea is a steroid produced by the adrenal glands. It has been called the "anti-aging hormone. " Among its anti-aging claims are that it boosts sexual performance, fights cancer, reduces risk for heart attack, reduces risk for diabetes and osteoporosis, and burns fat and builds muscle.

Currently, there is no data to support its use, but there are ongoing trials. Research shows that Dhea offers no benefit in preventing breast cancer and offers only a minimum decrease in the risk of heart disease. It has been shown that Dhea may actually cause a slight increase in the risk of heart disease in women.

One trial study suggested that Dhea may cause weight loss in men. However, subsequent trials did not confirm this. Dhea may be of help in the post-menopausal state, and may help ease symptoms of lupus. It may also help improve mood and memory. However, high doses of Dhea can pose serious health risks.

Growth Hormone. Growth hormone, somatotropin, is secreted naturally by the pituitary gland. It is the primary hormone responsible for human growth. Levels at age 60 are only l/2 those in young adults. Reduction in growth hormone contributes to decreased muscle mass and strength. Among effects, include: athletic and sexual performance, increased joint health, enhanced immune function, increased heart and brain protection, and improved sleep.

There is no evidence that oral human growth hormone has any health benefits. In several studies in which growth hormone was given to elderly males, no change in strength resulted. However, there was an increase in muscle mass and skin thickness, as well as a slight reduction in body fat. Possible adverse effects of somatotropin include: high blood sugar levels, fluid retention, carpal tunnel syndrome, breast enlargement, and headaches.

Estrogen. Estrogen is the female hormone produced by the ovaries. Although estrogen levels drop sharply at menopause, there are numerous synthetic and natural estrogen therapies available to women as a replacement after menopause. Estrogen replacement therapy makes sense if there is no family history for cancer or cardiac disease. It's unquestionably affective in maintaining bone mass and reducing hot flashes. Adverse effects of estrogen may include: an increased incidence in heart disease and an increased risk of breast cancer .

Testosterone. This hormone is made in the adrenal glands and testes. Commonly known as "andro, " it became popular because of its use by home-run hitter Mark McGuire. It was

synthesized in the 1930's with an expectation that it would become "the fountain of youth! " Its anti-aging claims include an increase in muscle mass and strength. The data is unified regarding the serious health risks of the use of testosterone. It does play a role in patients with diminished libido and decreased testosterone levels, but it is contra-indicated in patients with prostate enlargement or prostate cancer

Testosterone's adverse effects may include an increased risk for prostate cancer, acne, breast enlargement, hair loss, behavioral changes, and a lowering of "good" cholesterol, high density lipoprotein (HDL), levels.

Gingko biloba. Gingko biloba is a traditional Chinese medicinal herb that helps to improve memory. It's the top-selling medicinal herb in the United States. Gingko biloba is an extract from the dried leaves of the maidenhair tree. The claim is that it elevates brain oxygen levels, theoretically improving memory. Studies show gingko biloba doesn't enhance memory for people who don't have a significant memory problem. However, it does slightly improve memory in people suffering from Alzheimer's Disease. The adverse effects of gingko biloba may include platelet blockage. Therefore, you must stop taking this herb at least two weeks prior to surgery.

Vitamin E. Vitamin E is an essential nutrient and a fat soluble vitamin. It is a major antioxidant in the human body. Among its anti-aging claims are that it reverses skin aging, increases male fertility , increases sexual performance, and increases exercise performance. Numerous studies have yielded conflicting data, but there is currently no credible evidence that Vitamin E reverses the aging process. It appears to provide protection against heart disease and some forms of cancer, and it may help in Alzheimer's Disease. However , there are many conflicting studies regarding the effects of Vitamin E on the human body.

Ginseng. Ginseng and gingko biloba are the two most commonly used "anti-aging medicines."

The term "ginseng" applies to several plant species coming from various countries in Asia. Traditional Chinese medicine uses ginseng to restore a balance flow of "qi" (pronounced "chee"), or "life energy." In the United States, many athletes take ginseng as a sports performance enhancer .

A number of well-performed studies have confirmed that there is no significant difference between those who take ginseng and those who don't in terms of heart rate, oxygen consumption, respiratory exchange rate, and/or total workload. In other words, ginseng has no known exercise benefits.

Only Asian ginseng has been reported to occasionally cause adverse side effects, and there are many. The side effects increase when the use of ginseng is extended beyond 3 months. These side effects may include: hypertension, rapid heart rate, vaginal bleeding, palpitations, and sleeplessness.

Garlic. The active ingredients in garlic are allicin and alliin. Garlic preparations may lead to a small reduction in total cholesterol at one month and 3 months, but not at 6 months. Adverse effects of garlic include odorous breath and body odor .

Vitamin C. Vitamin C is a water-soluble vitamin and an essential nutrient. It is an important antioxidant in the body. Numerous studies have yielded conflicting data, but there is currently no credible evidence that Vitamin C reverses the aging process. Vitamin C "may" be protective against heart disease and certain cancers; "may" lower blood pressure; "may" decrease the risk of cataracts; and "may" decrease the symptoms and duration of a cold. Aside from stomach acidity, there are no real adverse effects aside of

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March's Birthdays

Bryan Guevin	March 1
Clark Colquitt	March 3
Sam Watson	March 3
Carl Anderson	March 4
Richard Harrison	March 4
Sal Arcidiacono	March 4
Dale Williams	March 4
Ralph Bledsoe	March 4
Elijio Garza	March 4
Alexis Blue	March 6
Gerald Dunaway	March 9
Angela Zahid	March 9
Karyn Trevino	March 12
Sandra Schiller	March 12
Beatrice Richardson	March 15
Linda Fredendall	March 19
Jack Compton	March 19
Larry Hill	March 19
Danny Wyatt	March 20
Carlos Tate	March 22
Don Carelock	March 24
Elias Cadena	March 26
Richard Curphey	March 26
Phyllis Bledsoe	March 31

Retiree News

As the General Manager for the Galveston County Navigation District #1, Frank Incaprera (Corps retiree) went in for back surgery on March 6.

The surgery is to deal with some arthritis that is impinging on some nerves in three vertebrae and causing severe pain and difficulty in walking. Frank says that the procedure has a high success rate and he sounded very optimistic. Please keep your thoughts and prayers with him.

Get Well Wishes.....

Shannon Mills, daughter of Lynette Mills, Bay Area Office, was recently hospitalized with a serious case of diabetes. Please keep her in your thoughts and prayers.

Christy Sorrels, Regional Economist in Planning, had her second bone marrow transplant on February 13th. She sends her thanks for the cards, calls and well wishes and greatly appreciates everyone's concerns. On March 8th, Christy was moved out of the ICU and is now in Room 1161 at M.D. Anderson. Mail can still be sent to the address below:

Christy Sorrels, Rm 1161
c/o M.D. Anderson Hospital
P.O. Box 300206
Houston, TX 77230

You can also email her at the following link: https://www2.mdanderson.org/sapp/contact/message.cfm. Emails are printed and hand delivered to patients. Just fill in her name and information regarding the sender and the hospital staff will deliver the message.

Condolences

Mr. Harry Mosby, uncle of Mike Mosby, Lock Operator at the Colorado River Locks passed away. Mr. Mosby lived in Garrison, Texas and his funeral arrangement are pending at this time. Funeral will be in Lufkin, Texas. Please keep Mike and his family in your prayers during this time of sorrow.

Don Carelock's, Northern Area Office, grandmother, Mrs. Marjorie Barnett passed away February 28. Please keep Don's family in your prayers. Services were held at the Trinity Lutheran Church in Galveston.

April Birthdays

Mark McMahon	April 1
Norman Rondeau	April 2
Trina Ruse	April 4
Casey Cutler	April 6
Meg Dunleavy	April 7
Eric Proctor	April 9
Frank Ramirez	April 10
Ed Huff	April 10
Pedro Lopez Jr.	April 12
Mike Castelline	April 15
David Campbell	April 15
Kenny Jaynes	April 18
Jeff Waters	April 23
Lynwood Weiss	April 24
Maria Henkel	April 24
Keith Halla	April 24
Kenny Chambers	April 26
Scott Ickes	April 27
Larry Woodruff	April 28
Michele Castelline	April 29

Congratulations to Employees

Congratulations to Joe Hrametz for being selected as the new Chief of the Navigation Branch of Operations Division.

James Worthington has accepted a 90-day detail to the Project Engineering Section as a design project engineer.

Galveston District announces that Enrique Villagomez, Lizette Richardson, Robert Sherwood have been selected for Project Management Branch Positions.

Galveston District announces that Andrea Catanzaro and Kimberly Crawford have been selected for the Emerging Leaders Program.

Welcome Joel Stratton and Paul Cox to Operations Division! Joel is a new Lock Operator at the Colorado River Locks,as Paul will be reporting to the Navigation Branch.

Kim Crawford (from Cost Engineering) was selected for 120-day detail to the Planning section. She will began her detail as a Planning Lead on 25 February.

Wedding Bells

Julie Taylor, daughter of Roseanne Theobald (PM) married Ricky Taylor on February 9th. The newlyweds celebrated their honeymoon in Lake Tahoe and reside in Mount Pleasant, Mississippi.

The following is a list of donors from the 12th February "Blood Drive:"

Lynette Anders
Gloria Appell
Joel Arneson
Clark Bartee
Ronny Beesley
Kenneth Bellino
Bruce Bennett
Cristina Bernal
Rhonda Brown
Donald Carelock
Kyle Chapman
Edmund Ching
Michelle Clark
Celia Cockburn
Clark Colquitt
Paul Cox
Delia Deckard
Pramod Desai
Chad Doughty
Steve Esquivel
Adrian Flores
Ryan Fordyce
Pablo Garcia
Anavalli Gordon
Brenda Hayden
Jeffrey Hill
Bill Jakeway
Kenny Jaynes
Barbara Johnson
Debra Lindsey
Patricia Lingo
John Machol
Sheridan McClellan
Kristy Morten
Tracy Orr
Jon Plymale
Jeffrey Ramos
George Rochen
Eric Russek
Charles Stimmel
Paul Thomas
Reginald Thomas
Jason Tieman
Andrew Williams

Speechmakers

Carl Anderson, PM, briefed the full session of the City Council of Corpus Christi on the status of the North Padre Island (Packery Channel) Project on February 19.

Dalton Krueger, PM, spoke on the status of the Houston-Galveston Navigation Channels, Texas project to the Houston Yacht Club on 24 January 2002 and to the Lakewood Yacht Club on 17 February 2002.

Congrats.....

Congratulations to Tracy Orr of the Regulatory Branch. Tracy took first place in his "age division" in the 6-mile run at the 21st Annual "Run/Walk for Your Heart" held at College of the Mainland on February 16, 2002. He received a nice trophy, T-shirt, and door prize for his efforts.

Congratulations to Christy Roberts, daughter of Terry, Planning, and Geva Roberts, Logistics, she took 3rd place in the Physics Division at the Galveston County Science Fair held February 23rd. She had also taken 3rd place in Physics at the Ball High Science Fair among ninth graders.

***Wellness* continued from page 16...**

Vitamin C.

Vitamin A. Vitamin A is important in maintaining proper functioning of the immune system. It also plays a vital role in vision, skin differentiation, growth, reproduction, bone development, red and white blood cell formation, and brain development. Some sources of Vitamin A are liver, egg yolk, butter and cream.

If you choose to self-medicate with one of these alternative medicines, don't forget to tell your physician that you are doing so. They could have adverse affects when taken in conjunction with other medications. In addition, some medications need to be stopped many days before a surgical procedure is to be performed. So, is there anything we can do to prevent, reverse, or slow down the aging process? My suggestion is that you try a holistic approach to keep living a functional, productive, and quality life without magical "anti-aging" elixirs.

The holistic approach includes: diet, exercise, smoking cessation, moderate use of alcohol, a network of relationships (family and friends), and a sense of purpose. Here's to a long

Upcoming Events

April 3-5
Annual Interagency Meeting - TXDOT

April 9
EL's Brown-bag lunch with Col. Waterworth
11:30 a.m. - 12:00 p.m.

April 10
PRB
8:30 a.m. - 12:30

April 15
Tax Day

April 29 - May 3
ENFORCE training