



US Army Corps
of Engineers
Galveston District

The Sand Castle

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



*Galveston Seawall and
Grade Raising Monument*

On the Cover:

Seawall and Grade

Raising monument on the
seawall; story on page 10.

Right: Soliders pass out
clothing to students in

Kosovo; story on page 14.



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Galveston District*

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The Sand Castle

Volume 18 Number 9 and 10

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The Sand Castle is an unauthorized publication for members of the U.S. Army. Contents of The Sand Castle are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Corps of Engineers. It is published once a month using offset printing by the Public Affairs Office of the Galveston District, U.S. Army Corps of Engineers, P.O. Box 1229, Galveston, TX 77553-1229.

COMMANDER'S COLUMN

I have just finished my second month in command and have completed all my initial briefings and introductions. The calendar has been filled with back-to-back appointments so there has been little time for reflections on the magnitude of this job. But there are things that stand out in my mind.

First, the technical expertise and proficiency of Galveston District employees is truly incredible. Whether it's channel profiles, cost estimates, emergency permits, budget close out, Environmental Impact Studies, security of our building or public affairs issues, the people and the work are spectacular. I have yet to find cause to challenge the professional judgment of anyone here. The Corps' partners echo my opinion. Port authorities, mayors, TXDOT District Engineers, congressional staffers and congressmen have commented on the great work this District has done for the national and local economy and the environment. These comments pay great credit to the work of the District and attributes to each and everyone in the District. Every employee has a role to play in accomplishing our mission. Team Galveston has a long history of exceptional support and we need to continue to build on that relationship.

The American Society of Civil Engineers (ASCE) recognized one of Galveston achievements on 15 October. The Galveston Seawall and Grade Raising project is a proud accomplishment and a national historic structure. As part of the Galveston Team you are part of this and many other great works that came before you. The pride you take in your work today has a direct reflection on the Galveston District now and in the future.

The second issue that continues to come to mind is the future of Galveston. Since the technical expertise in our District is truly exceptional my thoughts turn to sustaining and improving our current work load and support to our nation. There are significant challenges that we need to address today to sustain our future. How do we sustain the infrastructure that the Galveston District has built over the last 121 year when the Operations and Maintenance dollars do not appear to be adequate for the task? It will be my job to use every dollar we receive wisely. I face a critical task and need your ideas.

We all need to spend money wisely. We need to find efficiencies in the way we do business. Mr. Paul Sandoval is a fine example of an individual that figured out how to save money by shortening the pipelines on a project. The cost saving went into the tens of thousand of dollars, which is a savings to our partners and the United States Tax Payers. Great Job, Paul! If we can do a important job efficiently, Galveston will continue to be a great place to work for a long time to come.

The last issue I want to discuss is the horrific events that happened on September 11. Never in the history of the United States have so many civilians died on American soil. Our lives have changed in many ways and will continue to change for some time. I have lived in countries where terrorism was real. I lived in countries where I was advised not to wear my uniform or let people know that I was an American. I lived in places where soldiers patrolled my house. So as I hear reports that National Guard soldiers will guard our airports, I think back 12 years ago in Germany as German Polizi went through my bag at the Frankfort airport. Our lives in the States have changed since terrorism invaded our shores. As the DE, I am charged with Force protection and as you are all aware we have taken security measures: additional guards, guards with weapons, controlled access, badges and other non-visible changes. Some of these changes may be a little inconvenient, but please bear with me as I take steps that I think are prudent for the safety of Galveston District

In closing, I ask that we keep in our thoughts those that have been left behind in the wake of the September 11th tragedy. I take great pride in being your DE and I look forward to working with you and representing you ... LDW



Col. Leonard D. Waterworth

U.S. Army Corps of Engineers in action after Sept. 11th attack

by Lt. Gen. Robert B. Flowers

On 11 September, the United States of America became a country at war. Our war is against those who commit acts of terrorism and the countries that support them. The United States will use all its elements of national power; diplomatic, economic, intelligence and informational, and military, to fight against the terrorist networks and their supporters.

Like most wars, our success is dependent upon our ability to develop coalitions among nations and sustain our united efforts over a long period of time. The national campaign plan against terrorism will challenge us all in ways never experienced before. U.S. Air Force aircraft will patrol the skies above our nation's cities. Security in our airports, in our sporting events, in our workplace and elsewhere will be unprecedented.

All citizens will be affected, whether serving in the military at locations abroad or merely responding to new measures of security in their hometowns. To be successful in the campaign against terrorism, all citizens must participate with perseverance, vigilance and patience.

We, the United States Army Corps of Engineers, must do all we can to support, and at times lead, the Army's efforts in this campaign. In support of the combatant commands, the regional CINCs, engineers must be totally involved in the planning for all phases of combat operations. Wherever our service members are deployed, critical infrastructure such as airports, seaports, roads and facilities, must be sustained and protected.

In the continental United States, the Corps of Engineers can be an invaluable and leading contribu-

tor to Homeland Security. Our experience in consequence management and interagency efforts from natural disasters, has great relevance in fighting the war against terrorism at home. As a federal agency, we will be very involved in the identification, prioritization and security of critical infrastructure across the country.



We will continue to advise and assist our Army and Air Force commanders on how to improve force protection and security around their military installations. We must expand upon our centers of expertise in Force Protection and Electronic Security. Security Engineering should be a capability of every organization in the Corps. Our research and develop-

ment capability should be focused the problem to continually improve our ability as engineers and our understanding of the technology advances.

We must work to develop projects and programs that enhance the security of critical infrastructure against terrorism while minimizing manpower manning requirements. We must quickly learn from the new Army missions that become defined in Homeland Security and adapt our efforts to support them. We must put in place the doctrine, training, skills, equipment and leadership that will enable the Army to successful in the mission.

We will never live again as we did before 11 September. Yet, we may never again feel the American unity, patriotism and resolve as we have since 11 September. We must capitalize today on our National will. As individuals, as a MACOM and as an Army, we can be a part of winning this war. When we do, life in America will be better than before 11 September. Essayons!

Security taken very seriously at Galveston District

From wearing badges to announcing visitors, things change

The post-Sept. 11 security situation is considerably different in the Jadwin building than before the attacks.

“Galveston district employees need to be aware that security at Jadwin will increase, we are not going back to the way things use to be,” said Mike Flynn, chief of security. “We are working on policies to enforce these new security measures to protect and ensure the safety of our employees.”

Security at Jadwin

An automated security gate will be installed in the next two weeks. This gate will be open during high traffic times (7:00-8:30 a.m. and 3:00-5:00 p.m.); however, a guard will still be posted and employees will have to present their identification before being allowed on the installation.

In the next several months, employees will also see the following changes in and around the building: more security cameras; a guardhouse; an intercom system; and lighting in the west parking lot.

Other changes that could take place are key card (id) scanners, mailroom scanner and a metal detection system.

Galveston district field offices are also looking into new security measures at this time.

Visitors

It is preferred that visitors be announced to security as soon as possible, so their names can be placed on the guards list. When a visitor comes to the building and the appropriate employee is not here for the person to see, the visitor will be turned away. In the building, all visitors are required to wear badges and to be escorted, unless otherwise told.

Fishing Pier

After careful consideration, Col. Waterworth announced at a recent district townhall meeting that there would be no fishing at the Corps docks. However, by boat you can fish as long as you are not tied to the Corps docks and are 15 feet from the building.

“As long as I am in command of Galveston district, my employees safety is my number one concern and priority,” said Col. Waterworth, at the district’s recent townhall meeting. “We will not let fear drive us.”



Janice Harris-Laderach, Galveston district postal worker, wears a face mask and gloves while distributing mail to offices.

What to do if.....?

Suspicious Packages(Unopened)

- Do not shake or empty
- Put envelope in plastic bag.
- Leave room & close door or section off area.
- Wash hands with soap & water.
- Report incident to Security Manager /Guards.
- Identify people in area that may be exposed.
- Notify the Postal Inspector.

Suspicious Packages (opened with white powder)

- Do not try to clean up powder.
- Cover spilled contents immediately.
- Leave room & close door or section off
- Wash hands with soap & water.
- Report incident to Security
- Remove contaminated clothing ASAP if necessary.

Plan for Galveston Bay Hatches, Birds Take Flight *Baby Birds on New Island are Big Step for Wetland Project*

The tiny chirps of baby birds and the squawks of their parents are creating a roaring symphony in Galveston Bay this summer, and that is music to the ears of the handful of government agencies that have been waiting a decade to see their plans come to fruition.

The Beneficial Uses Group (BUG), a coalition of government agencies founded and sponsored by the Port of Houston Authority and the U.S. Army Corps of Engineers, has listened for birds along the shoreline of the newest island in Galveston Bay since November 2000, when the six-acre man-made island was first complete.



“The completion of Bird Island last year was a big step toward our goal, but seeing these birds thriving and hatching out here is rewarding to our group which has watched it develop from idea to reality,” said Dick Gorini, BUG Chairman.

Gorini and other BUG members who watched the island materialize were pleased that the newly constructed island did not sit vacant for long – thousands of birds have already flocked to it. A successful springtime nesting season has rendered a whole new flock of islanders, including the brown pelican, currently on the federal list of endangered species.

Although “Bird Island” is a thriving bird refuge and habitat today, it was a mere idea a decade ago when BUG members were commissioned to determine environmentally sound uses for millions of tons of materials dredged from the Houston-Galveston Navigation Channel expansion project. The island is just one small facet of the

project that includes the creation of 4,250 acres of wetlands, restoration of Goat Island and Redfish Island, construction of an underwater berm to enhance habitation for fish species, and creation of an access channel and anchorages for recreational boaters.

Members ultimately resolved to construct more than 4,250-acres of wetlands in Galveston Bay which will replenish some of the 30,000 acres of wetlands that have been lost there over the past five decades. Bird Island, which received its first native-born residents this summer, was part of the BUG’s plan and is the first completed facet of the project.

“The whole purpose of BUG was to reach a win-win situation in which the Houston-Galveston Navigation Channel could be widened without compromising the environment,” said Gorini. “Not only is the channel being expanded without littering the bay with dredge material, but the dredge materials are actually being used to create more of the environment that we were trying to protect in the first place.”

As Gorini and the BUG continue revitalization efforts, they are getting a hand at naming the island from local elementary school students. Hundreds of students are submitting potential names for the isle as part of a local contest. The island’s official name will be announced in early November.

The Beneficial Uses Group formed in 1990 to determine environmentally responsible uses for materials dredged during the expansion of the Houston-Galveston Navigation Channel.

It all began on the 8th of June when Tropical Storm Allison felt its way inland from the Gulf and sat atop the southeastern area of Texas for two days, bringing rain and more rain. It hasn't really ended yet as many people are still living with the results of the flooding caused by the storm.

The final American Red Cross damage assessment reported 35,207 homes were affected by the storm, 483 were destroyed, 13,561 had major damage and 21,163 had minor damage.

Although the Federal Emergency Management Offices set up at the Greenspoint Mall in northern Houston closed October 1, one Corps mission, power, was extended until Dec. 31 and remains active. A mobile sub-station, huge transformers sitting on truck trailers, remains in operation at Memorial Hermann Hospital in Houston until officials can complete repairs to the hospital's electrical system.

Waves of Corps personnel began arriving in Houston to work on power, debris and trailer missions, returning to their home districts as their deployment was over to be replaced by a new contingency. Close to 150 Corps workers were actually deployed to work in the Houston area. This number does not include the staff that was supporting the operation at Galveston District. However, it



A local subdivision suffers the aftermath of Tropical Storm Allison. The final American Red Cross damage assessment reported 35,207 homes were affected by the storm, 483 were destroyed, 13,561 had major damage and 21,163 had minor damage.

Tropical Storm Allison finally washes away

does include the 23 Galveston District staff that deployed to Houston to support the Allison recovery.

By the October 1 closing, the Corps of Engineers had contracted for installation of utilities at 955 homesites in the Houston/Harris County area. Contractors installed power, water and sewer connections in order for travel trailers to be installed next to the flood damaged homes. The trailers are to be used by the families as their houses are repaired. A second part of the trailer mission, supporting mobile home park construction, was put on hold and the USACE housing team on this mission was sent home July 14.

In support of the debris removal mission, Corps personnel worked hand in hand with the Bicentennial Volunteers, Inc. on oversight of the debris collection. Thirty-four Corps people from around the nation worked on this mission that did not complete until mid-July.

While the missions are over with the exception of the power that remains at Memorial Hermann Hospital, the work is not complete at Galveston District. Emergency management staff is now at work completing the after-action report on T.S. Allison. From this report, it will be learned what can be done better, faster, or more efficiently when the next storm comes.



Ranger Emmett Attaway of Lake Somerville (SWF) shows the proper way for kids to put on their life jackets.

Galveston and Fort Worth districts partner to help launch life jacket loaner program at Duessen park

by Kris Brown

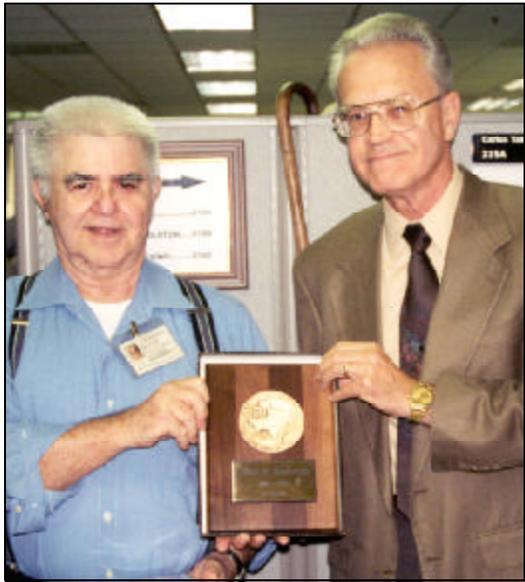
In response to seven people drowning at Lake Somerville in the summer of 2000, the Greater Houston Coalition for Safe Kids, began a new water safety initiative. Partners include the U.S. Army Corps of Engineers (Galveston and Fort Worth districts), Texas Parks & Wildlife Boater Education, the American Red Cross Greater Houston Area Chapter, City of Houston Police Department Lake Patrol Unit, Harris County Precinct One Parks Department, Houston Safe Boating Council, the Galveston Bay Power Squadron, and the Texas Children's Center for Childhood Injury Prevention, which is the lead organization of the Safe Kids coalition.

Labor Day 2001 launches the coalition's Life Jacket Loaner Program at Alexander Duessen Park, a Harris County Precinct 1 recreation facility located on the southern end of Lake Houston. The main focus of the program is to increase life jacket use on waters in the greater Houston-Galveston region of Texas. It is designed for all individuals,

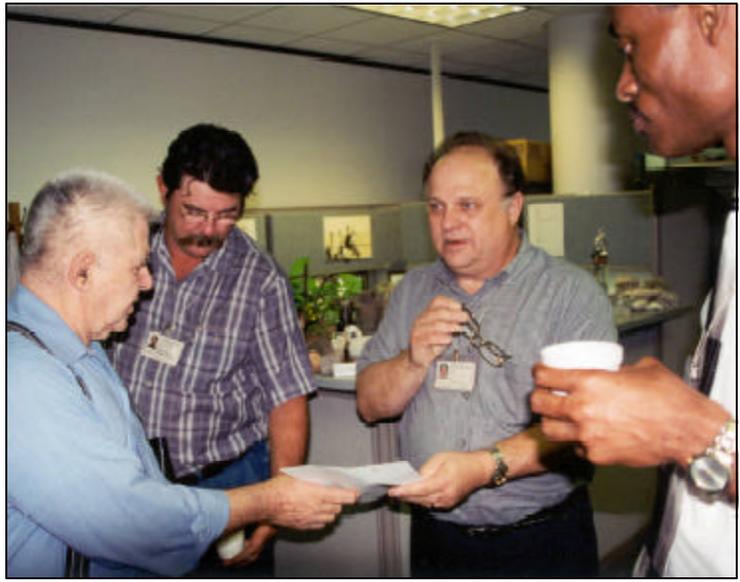
most importantly children being supervised or monitored by adults, parents, or guardians, to select and borrow life jackets for recreational boating. Available jacket sizes include infant, child, youth, and adult. The self-serve program will be maintained by Harris County Precinct 1, Parks Department, under the direction of Superintendent Paul Mauricio. City of Houston Police Lake Patrol Unit officers, under the supervision of Captain George T. Buenik, enforce use of life jackets by children less than 14 years old who are boating.

Coming soon to Lake Somerville's Birch Creek State Park, a Fort Worth Corps of Engineers project, is the coalition's second Life Jacket Loaner Program. The 640-acre park is located on the northwest side of Somerville Lake and operated by the Texas Parks and Wildlife Department. It has 173 campsites and a day use area near the boat ramp. In 2000, this recreational facility, that extracts a large population from the greater Houston region, recorded over 3 million visitor hours.

Goodbye to Greenough.....hello retirement



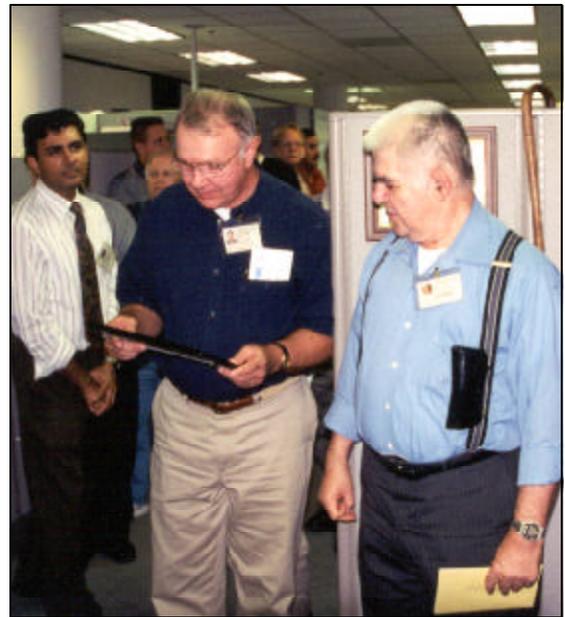
Bill Greenough receives plaque from David Campbell.



Greenough with Art Martin, Mike Casteline, and Paul Cox.



Dewey Brunt chats with retired survey coordinator, Pedro Balderas. A money tree was presented to Bill from friends and co-workers.



Leroy Hilton talks about the good times.

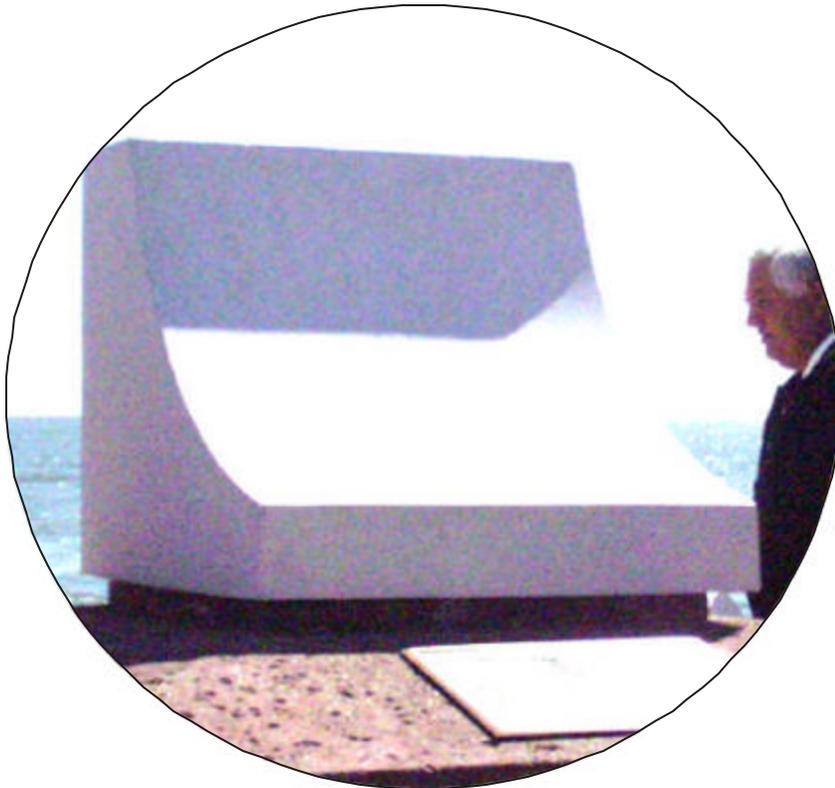
Bill Greenough retired Sept. 20 after 37 years with the U.S. Army Corps of Engineers. Prior to coming to the Corps, Bill served in the U.S. Navy where he served on minesweepers. For many years Bill worked for the Galveston District in the soils lab at Fort Point Reservation as a soils technician.

In 1982, he moved into the Survey Section where he served under several different supervisors

and several different sections under the Engineering Branch. Bill became an enthusiastic computer operator and mastered Microstation and many programs prior to his retirement. Bill also had the responsibility to maintain and retrieve survey data from District and NGS online archives.

He was experienced and knowledgeable employee who will be missed.

Seawall and Grade Raising receive status of “National Historic Civil Engineering Landmark”



The day was filled with sunshine, sea breezes and a happy crowd as the Galveston Seawall and Grade Raising was endowed with the title of “National Historic Civil Engineering Landmark” by the American Society of Civil Engineers.

The ceremony, a joint effort of the U.S. Army Corps of Engineers, Galveston District, and the city and county of Galveston, was held October 15 with close to 150 persons in attendance.

Jack Brooks, former Congressman from Texas’ 9th Congressional District, served as emcee for the ceremony. Brig. Gen. David Melcher, Southwestern Division Commander, served as the Corps’ voice at the dais. Other speakers included Galveston City Mayor Bo Quiroga, Galveston County Judge Jim Yarbrough, Charles Dinges representing the American Society of Civil Engineers, Mary Snyder who read a congratulatory letter from Senator Kay Bailey

(Continued on following page)



Above: the Seawall Monument. Left, Emcee Jack Brooks. Below, right, the crowd



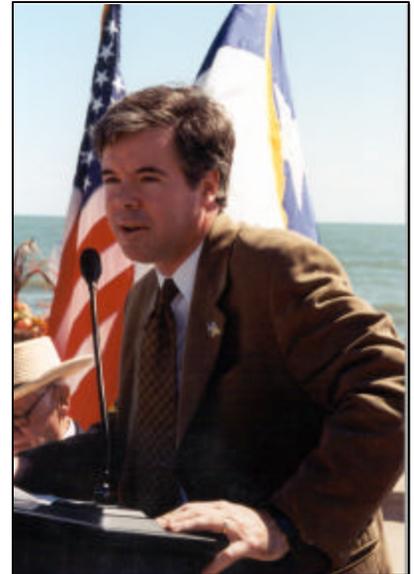
Right, the plaque. Center left, Nick Lampson. Center right, Charles Dinges. Bottom of page, the crowd.



(continued from preceding page)

Hutchison and current representative from the 9th Congressional District, Nick Lampson. Rev. William Zambom, First Presbyterian Church, gave the benediction.

The monument placed on the Seawall in recognition of the event was designed by David Campbell, Engineering Division. Designed like a section of the seawall, it sits on a concrete base close to the statue honoring the victims of the 1900 storm.



Rhonda Brown: Always on the *Job*

What does Rhonda Brown do when she isn't working at her job in the Galveston District Engineering Office? Well, she could be teaching kids at Westlawn Elementary in LaMarque about environmental projects, helping out as a Facilities Ministry Facilitator at her church or helping to save dolphins. Not only does Rhonda have a busy life but she also has a variety of interests.

Currently she is assisting in rehabilitating "Big Al", a dolphin stranded during the floods from Tropical Storm Allison. The Texas Marine Mammal Stranding Network (TMMSN) provides rescue and rehabilitation for mammals that become stranded along the Texas coast. The TMMSN provides training at A&M Galveston and the rehabilitation tanks are located at the National Marine Fisheries facility behind the San Luis Hotel.

Volunteers work 4-hour shift, 24 hours a day, 7 days a week, according to Brown. During the shift, volunteers are required to monitor heart rate, respiration, water temperatures, food and medicine intakes, behavioral routines, and many other things. "At times, volunteers are in the pool with the dolphin and that can be very interesting," says Brown.

"When 'Big Al' first arrived, he could not swim on his own so volunteers "walked" him around the pool 24 hours a day for the first several weeks, she told us. The last dolphin I worked with was adopted by an aquarium on the East Coast but, 'Big Al' is likely to be returned to the wild. Age and health have to do with whether or not dolphins are returned to the wild or kept in captivity," she explained.

Brown also volunteers to help with the Special Olympics and is always open to any other way to be a public servant volunteer. She tells us her dream is to participate in an international project sponsored by Habitat for Humanity. Let's hope her dream comes true.

Update: We are sorry to report that Big Al has passed away. He suffered from pneumonia and may have had a stroke. He will be missed.



Big Al, the dolphin.

First Annual Wallisville Lake/ Trinity River Cleanup Is BIG Success

by Richard Long

On Saturday, September 29, 2001, over 60 volunteers from across Chambers County and beyond came together to make a difference ... and they did !!! They came together to make the Wallisville Lake Project and the Trinity River a little better ... better for the wildlife, better for the boater, better for the fisherman, better for the hunter, and better for the community as a whole.

This was the 1st annual Wallisville Lake Project / Trinity River Cleanup held in connection with National Public Lands Day (NPLD). NPLD is a day when all Americans are asked to think about our public lands and take an active roll in improving these resources.

“I was extremely pleased with the turnout,” said Richard K. Long, Park Manager for the Corps of Engineers Wallisville Lake Project. The Corps, along with the Chambers-Liberty County Navigation District (CLCND) and the Water-Borne Education Center out of Anahuac, TX co-hosted the event. “Anahuac Jack,” a local historian, advocate for a clean Trinity River, and a volunteer with the Water-Borne Education was so pleased with the success of the event that he said, “I want to see the clean-up last twice as long next year.” In



These are members of Boy Scout Troop 105 out of Mont Belvieu unloading a pickup load of trash including an old safe (still in the bed of the truck).

addition to the dump truck load of general trash that was removed from the river, over 25 tires, approximately 15 old appliances and an old boat has now found a new home at the Chambers County landfill.

The staff and volunteers from the Corps Addicks and Wallisville Field Offices, the CLCND, and the Water-Borne Education Center, was supported by volunteers from the Boy Scouts of America, the Anahuac Independent School District, Texas Parks and Wildlife (TPW). 16 Scouts and adult leaders lent a hand from Troop 105 located in Mount Belvieu, TX. Thirty-one students from Mrs. Karla Dean’s 10th and 12th grade Biology classes at Anahuac High School also lent a hand. Game Warden Hector Gonzales with TPW not only lent a hand but also provided a boat, which helped tremendously.

Ann Andrisek, a volunteer with the CLCND and the Water-Borne Education Center, made arrangements for the lunch with donations from Anahuac area merchants. Merchants supplying food and supplies included Bi-Rite Grocery, Sunrise Drive-in, G & W Chevron, Hill’s Grocery, Morris Environmental, Abernathy’s Meat Market, Youngblood’s Supply and Blimpie’s.



Charity begins when you clean out the closet

Galveston District employee, Michael deMasi initiates charity work in Kosovo.

By Grant Sattler - U.S. Army Corps of Engineers Europe District, Public Affairs Office

True charity begins at home. In fact, it can begin when you clean out your closets. Children in a remote Kosovo mountain village recently learned that lesson when several van loads of clothing, toys and school supplies arrived at their doorstep, with a return address from halfway around the world.

The materials were gifts from citizens of Humble, League City and Kingwood, Texas. Flown to Germany by Continental Airlines, the donated items were transferred into military supply channels by the U.S. Army Corps of Engineers, Europe District, in Wiesbaden, Germany, for the trip to Macedonia and Camp Bondsteel, Kosovo. Army

engineers with Task Force Falcon distributed the goods Sept. 18 to Albanian pupils at their “adopted” school in Izance,



Solider poses with students.

Kosovo. Many area residents are still rebuilding their homes in this war-torn province.

All those involved in the project point to Corps of Engineers Galveston District project engineer Mike deMasi as the driving force behind the initiative.

“It was a real team effort,” he countered.

When deMasi left Camp Bondsteel, Kosovo, in July 2001, after a four-month tour of duty as a civil engineer, he did not leave behind his concern for the local children. He had volunteered for the Balkan duty looking for varied work experience with the Corps.

“I was also hoping to assist with some of the rebuilding of the local communities,” he said. The father of three found his chance working with the U.S. Army’s Civil Affairs soldiers on repair projects for a number of schools, including the remote Osman Mani Primary School.

“I had quite a bit of



A photo of the remote Osman Mani Primary School.

contact with the Kosovo children while working with CA,” deMasi said. “The kids always wanted to talk and learn a few new [English] words.”

The Humble, Texas, native e-mailed his family telling them about the school and the children there. “Then they asked to see pictures, so I created a small Web site with the school and some pictures of the children.

“I asked them to clean out their closets and send me the stuff for the kids and their families,” deMasi explained. “My wife and sisters came up with a number of boxes.” Then his mother, Sally

deMasi, decided to present the idea to her church organization.

The First United Methodist Church Humble and Kingwood Presbyterian Church congregations came through with almost 1,500 pounds of donated items.

“I had envisioned mailing a few boxes,” deMasi said. “The

problem was how to get all the stuff to Kosovo.”

That is where Continental Airlines employee Lamar Berry and the airline’s shipping department stepped in to move the goods to Europe. There, Europe District’s Tom Miniard cleared the items through customs and moved the two pallets into

military supply channels for forward movement to Kosovo. Once there, engineer soldiers working with the Directorate of Public Works, Task Force Falcon, delivered the goods to the village where the children thanked them, and America, with flowers, a song and a poem.



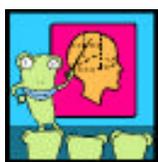
Soldiers hand out clothing to the children.

Solutions to Hypoglycemia

Eating healthy, exercising and taking vitamins help control sugar levels

by Tracy Orr

Your body's reaction to too much sweets, alcohol, and caffeine, may result in a condition known as "hypoglycemia." Hypoglycemia causes a drop in blood sugar; below 50 mg. This is important because of the affect lowering the blood sugar has on the brain cells.



The monosaccharide glucose is the primary fuel for the brain. Therefore, lowering the glucose levels affects your thinking capability.

Occasionally, hypoglycemia can be a dangerous problem. This is so when it is caused by a tumor of the pancreas, liver disease, or from injecting too much insulin. Most of the time, however, hypoglycemia is the result of the body's reaction to increased blood sugar levels after eating and, in taking sugar from the bloodstream, allows your blood sugar level to fall quickly.

Eating carbohydrates will cause your blood sugar level to rise. The more refined the carbohydrates are, the quicker and the higher your blood sugar will rise.

Beta cells in the pancreas respond to the rise in blood glucose levels by secreting insulin, a hormone-like substance that encourages the body's cells to take sugar out of circulation. This helps blood sugar enter blood cells, and therefore, it lowers the level of sugar in the blood. If the process of taking sugar from the blood proceeds too quickly, your blood sugar level drops too low, depriving the brain of glucose. This leads to headache and fatigue.

To keep your blood sugar from dropping too far, the pancreas releases the hormone glucagons. Glucagons slow glucose removal and increases circulating sugar. Glucagons stimulates the release of glucose stored in body tissues, especially the liver, as glycogen.

Rapidly falling blood sugar levels may also

stimulate the release of stress hormones by your adrenal glands. If your blood sugar level begins to go too low, your brain signals your adrenal glands that there is an emergency condition.

This will stimulate the adrenals to produce adrenaline and cortisol to block the insulin's effect and keep your blood sugar level where it needs to be. Unfortunately, this emergency mechanism can take a toll on the adrenals.



When the adrenals are weakened, they can't make normal amounts of cortisol and DHEA. This depletion can rob one of his or her vitality and resistance to infections. It can also put them in a chronically depleted, exhausted, fatigued, dysfunctional state.

For some people, long periods of hypoglycemia, if left untreated, can also lead to diabetes. Many diabetics are individuals that suffered from hypoglycemia in the past. Hypoglycemia is a risk factor like high cholesterol and heart disease.

One way to diagnose hypoglycemia is if people feel the symptoms of low blood sugar and they eat or drink something with carbohydrates or protein and the symptoms go away. To check for hypoglycemia, doctors conduct glucose tolerance tests that measure insulin and adrenaline levels.



A diet high in protein may offset the negative effects of hypoglycemia. Protein is

what enables you to make enough glucagons. If you have the right balance of protein and complex carbohydrates, insulin can do its job pushing sugar into cells and lowering blood sugar. Glucagons will keep the blood sugar level from going too low.

However, you make it more difficult for the body to

do what it does normally if you are loading up on sweets and processed foods.

Eating too much sugar foods results in a frequently stimulated pancreas. The pancreas gets in the habit of overreacting to elevations of blood sugar and producing insulin. This results in a “rebound effect”, where blood sugar goes up, too much insulin is produced, and blood sugar goes down too much and too fast. This interferes with effective brain and body functioning.

Eating high fiber foods and whole grains as part of a whole food diet is essential to good blood sugar control. This is because fiber helps slow the absorption of carbohydrates so glucose is released into the system more slowly. Water soluble forms of fiber also increase cell sensitivity to insulin, preventing its excessive secretion and improving the uptake of glucose by the liver and other tissues. This, in turn, prevents an unhealthily sustained elevation of blood sugar.



Protein and fat, also slow the absorption of carbohydrates. Eating crackers with peanut butter will sustain you a lot longer than eating a low-fat cracker by itself.



If you crave a sweet, indulge yourself in dessert after a well-balanced meal. Don't have a lot and don't have it often. Avoid caffeine, too. Caffeine can cause that same symptoms as low blood sugar and make you feel worse. Avoid or limit alcohol, and if you do drink, make sure you have it with food.

Don't miss or delay meals. The idea behind eating several small meals or three meals and three snacks a day is that you are spacing out your food, making it easier to maintain good blood sugar control. It is not good to go more than five or six hours without eating.

For the metabolism of carbohydrates and proteins, and for the functioning of insulin, chro-

mium is essential. Chromium is vital to proper blood sugar control. Without chromium, insulin's action is blocked and glucose levels are elevated. A chromium deficiency may be an underlying contributing factor in the tremendous number of cases of hypoglycemia, diabetes, and obesity in the United States.



Vitamins are also essential for keeping blood sugar under control. Biotin, zinc, and magnesium help stabilize blood sugar levels, minimize blood sugar swings, and allow people to go longer between meals because they do not get as hypoglycemic.

B complex vitamins improve carbohydrates metabolism, pantothenic acid and vitamin C enhance adrenal function, and the amino acid glutamine, like biotin, reduces sugar cravings. A good multivitamin is also good.



Stress can undermine your efforts to maintain good blood sugar control. People that are stressed don't eat properly. This exacerbates the symptoms of hypoglycemia. That is why it is important to find stress reduction techniques, such as yoga, deep breathing, and medication that can work for you. Reducing stress also improves adrenal function, an added plus that can ease low blood sugar.



Getting enough exercise is another important part of any hypoglycemia treatment and prevention plan. Regular exercise helps the body keep blood sugar levels stable. Some of the benefits of exercise on blood sugar control may stem from the fact that exercise increases tissue chromium concentrations.

Maintaining blood sugar levels is good because people function and feel better. And isn't feeling and performing better what it's all about?

Straight from the heart

Shirley sat across from me for a couple years before she moved to the Wallisville Project office. She was a warm, fun and quick to laugh. She had a fun attitude towards life. She loved her grandchildren and always had a picture to show you. Bingo was second only to her grandchildren. I will miss her, but I can just hear her say, "Don't worry about me, the Bingo is great up here!"

Helene Kieslich

Shirley was a very witty and fun person to be around. She also did beautiful needlework while riding the ferry back and forth to work during the years she worked here in the Jadwin Building. All of us will miss her dearly. Helene is right—bingo was the name of her game.

Lile Henkel



Shirley Winkler

December 5, 1947 - August 31, 2001

It is with a heavy heart that we must say goodbye to a co-worker and a good friend, Shirley Winckler. Shirley was killed in a car accident on 31 August 2001 on her way home from work. Shirley was a special lady. On the work side, a super knowledgeable realty specialist who taught so much to those of us who were privileged to work with her. She had an uncanny ability to deal with all kinds of people including some pretty difficult landowners in the Wallisville area. She always used a sense of integrity and fair play when dealing with the public. On the personal side, she was a loving daughter, mother, grandmother, and friend. She was loads of fun, with a dry wit that kept us laughing. We have so many great memories which will keep Shirley alive in our hearts and minds.

Shirley was a native of Pierre, South Dakota, where her mom and dad still live. She had 28 years of government service, 18 of those with Galveston District. She is survived by her husband, two daughters, one son, three grandsons, and several nieces and nephews. She lived in Beaumont; she was a Real Estate Division employee, with her duty station at the Wallisville Project Office.

- Joy Smith



Heads Up

- Flu Shots have been scheduled for 7 November from 1000 - 1400 (Room TBA).
- Spouses or other family members are welcome
- The shots will be \$16 (the price of the flu vaccine has really gone up this year)
- Pneumonia Shots will also be available (\$30)

*Tracy C. Orr
Wellness Committee*

Congrats

Dennis Lanigan is a new Grandpa two (2) times– he has a new granddaughter, Ashley Toth – born September 24, 2001 (9 lbs 2 ozs) to his daughter, Tonya, and her husband, Kevin. His new grandson – Seth Lanigan, was born Oct. 3, 2001, (7 lbs 11 ozs) to his son, James, and wife, Crystal.

Dennis was also promoted to Senior Master Sergeant at Ellington Air Force Base.

Good news! Mr. and Mrs. **Robert Sherwood** are parents of a new son, Ewan Trent Edward Sherwood. He weighed 7 pounds 14 ounces. Robert works in Planning Division.



Blood Work

Blood Donors October 23, 2001

Pat Lingo
Donald Carelock
Veronica Benavides
Debra Lindsey
Susan Mertz
Leah Stewart
Clark Bartee
Cecil McClenan
Pauline Villalobos
Christina Bernal
Bill Jakeway
Patel Kanu
Kenneth Bellino
Eric Russek
Phyllis Bledsoe
Barbara Watts
Anne Meyers
Paul Cox
Edward Huff
Kenny Jaynes
Lynette Anders
John Machol
Robert Compher
Bill Wise
Gloria Appell
Anavalli Gordon
Tracy Orr
Francisco Garcia
Leroy Hilton
Andrew Williams
Ryan Fordyce
Jeff Hill

King leaves Corps for Forest Service

Mark King, who has worked in Regulatory for almost 11 years, is leaving Galveston District. He has accepted a position with the U.S. Forest Service in Lander, WY.

At his farewell party Oct. 26, he was awarded the Commanders Award for Civilian Service for his work in preparing the Environmental Impact Statement on the Bayport Terminal.



C A S T L E C O M M E N T S



Bob Bass received the plaque naming him to the Gallery of Distinguished Civilian Employees at a town hall meeting Oct. 15. The award was presented by Brig. Gen. David Melcher, left, Southwestern Division commander. Mrs. Bass, right, was present to see her husband receive the honor. Melcher spoke to Galveston District employees on his strategic plans for the Southwestern Division.

Condolences

Kenneth Eugene Thomas, father of **Janet Thomas-Botello** passed away in October. Please keep Janet and her family in your prayers during this difficult time.

Funeral services for Janie Simmons, **Paul Cox's** grandmother were held on Saturday, October 13, 2001.

My family and I send our thanks to all of the Corps Family for your support and condolences. Our Lord has been a great blessing to my family with the Galveston District's support and understanding. We are blessed with the Caring Heart and Concern of the Galveston District which Our Lord has given us. Most of all thank you Guy, Vicky, IMO Secretaries, Colonel Waterworth, Major Spears for all your work and understanding. I apologize for my full support I was not able to provide to the Galveston District. Thank you for the donated leave to me and others who are in need. God Bless U. S. Army Corps of Engineers.....**Norma Garcia**

Upcoming Events

November 6
Election Day

November 7
PRB
8:30 a.m - Noon
Flu Shots
10:00 a.m. - 10:30 a.m.

November 8
Chamber of Commerce -
Bay City (CRL)

November 11
Veteran's Day

November 14 and 15
5th Small Business
Conference in D.C.

November 22
Thanksgiving Day

November 23
College Football:
Texas A&M vs. Texas