

The Mobile



US Army Corps
of Engineers
Mobile District



January 18, 2008

Around
Mobile
District



*Ranger
of the
Year!!*



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Click here for Dec. 14 answer to Test Your Knowledge

Did You Know.....

The average person walks nearly three times around the globe in his or her lifetime.

The average person walks four miles a year making up the bed.

Test your Knowledge?

Can you match these mottoes with their states? (Some of them are translated from the Latin.)

- | | |
|----------------|---------------------------------------|
| 1. Alaska | A. In God we trust |
| 2. Connecticut | B. He who transplanted still sustains |
| 3. Wyoming | C. Ever upward |
| 4. New York | D. Nothing without providence |
| 5. Arizona | E. North to the future |
| 6. Colorado | G. God enriches |
| 7. Florida | H. Equal rights |



On the Front Page

Park Ranger Samantha Walker receives an award. (USACE Photo)

The Mobile

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Contributions are welcome and encouraged. If you have news tips or suggestions for articles, call 251-690-2505 or e-mail CESAM-PA@sam.usace.army.mil. Written material may also be mailed to P.O. Box 2288, Mobile, AL 36622



Volunteer work day at Allatoona Lake By Christopher Purvis



Volunteer work day at Red Top Mountain State Park, Longleaf Pine Demonstration Site was held Dec. 8, 2007. Thirty-seven volunteers planted more than 3000 longleaf pine saplings.

An additional eighteen volunteers and twelve Bartow County employees also planted 3000 trees, Dec. 12, 2007. The fifteen acre Longleaf Pine Demonstration Site, provides a glimpse into future plans for the 350-acre Longleaf Pine Ecosystem Restoration Project also located on Allatoona Lake.

Project partners are U.S. Army Corps of Engineers, Georgia Department of Natural Resources, Red Top Mountain State Park, Georgia Power, Keep Bartow Beautiful, Trees Bartow, Wildlife Action Inc., Bartow Office of Environmental Programs and Friends of Red Top Mountain State Park.

Ranger Terrell Stoves, Allatoona Lake plants tree with volunteer Kimberly Van De Walker. (Photo by Missy Phillips, Trees Bartow)

Operations Division Hall of Accomplishments



Mac McGowen, West Point Lake Coalition presents Park Ranger, Samantha Walker with the "Park Ranger of the Year" plaque. While assigned to West Point Lake, she is responsible for managing contracted park attendants, user fee collections, and conducting interpretive programs. She also manages the implementation of the natural resources management program. (USACE Photo)



John Werner, National Oceanic and Atmospheric Administration presented Coffeeville Lock and Dam employees with an award for 25 years of weather observation in cooperation with the national weather service. (USACE Photo)

A Post Card from Iraq

...Serving in Iraq well worth the sacrifice



Dorothy Ivey, Construction Division, serving in Iraq

I first came to Iraq in September 2005 on a six month tour — 28 months later I'm still here. This is a unique, historic tour ... the most challenging and rewarding assignment of my 27-years with the Federal Government. Memories from this tour will stay with me forever, something I can share with my family and especially with my three grandchildren . . . Megan, Jake and Benjamin.

It's a mission I'm proud to be part of. I believe in the efforts we, the U.S. Army Corps of Engineers, are making to help Iraq and its people gain control of their country so they can truly experience what freedom is all about.

I serve as a Construction Representative here at Al Asad and we manage many projects, both on base and at sites throughout western Al Anbar Province. Our projects off base are new electrical substations, schools and medical clinics. Most all of my current projects are off the base, which gives me the opportunity to go out and visit facilities such as Haditha, Rawah, Bagdadi and Furat electrical substations. Our project at Haditha is the Haditha/Al Qaim 400 kV transmission line, connecting the Haditha Dam switchyard with the Al Qaim 400 kV substation to improve the reliability of the electric power transmission system between these two locations. These projects will stabilize the electric grid in much of western Iraq and people in those areas will eventually see a significant

improvement in their way of life.

As we drive through the streets of Furat and Baghdadi, you can see the Iraqi people and the resilience exhibited by all of them — men, women and even very, very young children — it's during those moments when you realize you made the right decision to be a part of the Operation Iraqi Freedom. Another real blessing here is the great staff USACE has assembled including five Iraqi engineers. We learn from each other and I sincerely appreciate their graciousness and willingness to help us understand their culture, their sensitivities, and their priorities.

For over two years, I've served alongside thousands of U.S. troops who quietly go about their job of helping Iraq move forward. I cannot express how proud I am of their courage and dedication. The only thing that most of them complain about is that the TV networks back home only cover the negative aspects, ignoring the real progress that's being made here. Once I return to my home in Mobile, Ala, I plan to encourage folks to accept a tour here in Iraq, even if it's for six months. The memories you'll take with you are well worth the sacrifice.



Reward for new members

Mobile Government Employees' Credit Union is offering a \$20 reward and gift for sponsoring a new member who opens an account and begins savings through payroll deduction. There is no limit on the number of members you can sponsor. To take advantage of this offer, contact Mr. Pond, 251-694-4100.

Bay Way Toastmasters Club

Join us Jan. 24, 11:30 a.m. - 12:30 p.m., Federal Building, second floor conference room as we celebrate our 27th year anniversary. Find out why others are excited. We will have a short meeting, followed by awards, then a reception with FREE PIZZA!! You need to be at the meeting to enjoy the reception, so come enjoy, meet the members, and get answers to your questions about Toastmasters.



District offices in downtown Mobile to close on February 5

The district offices located in downtown Mobile will close on Tuesday, Feb. 5. All employees who work in downtown Mobile will be excused on that day without charge to annual leave.

The Mardi Gras 2008 parade schedule and the resulting safety and security concerns are the reason of the closure.

“Due to the parade times and routes, as well as the anticipated large crowds and congestion, it would be extremely difficult for people to enter or leave the building,” said E. Patrick Robbins, Legislative and Public Affairs, Chief. “Also, it would be difficult for emergency vehicles to reach our building in a timely manner in the event of an emergency.”

For these reasons the District Commander has decided to close the downtown District offices for the safety and security of corps employees.

Congratulations

Jason Krick, operations division on passing the Professional Engineering Exam and becoming the newest P.E. in the district.

Memphis Vaughan, engineering division, who accepted the Site Manager position at Lake Seminole Site Office.

Condolences

to Jeff Lillycrop, operations division on the death of his mother, Sue Lillycrop. Funeral services Saturday, Jan. 19, 11:00 a.m., St. Joseph the Carpenter Episcopal Church. In lieu of flowers donations may be made to St. Joseph the Carpenter Episcopal Church (Sue Lillycrop Memorial Fund), 345 Hardin Lane, Sevierville, Tenn., 37862, 865-453-0943.



Roger Gerth, operations division, civil engineer passed, Jan. 16.



Urie Reed, operations division, Lock Operator, Supervisor on the Tenn-Tom project, passed, Jan. 15.

Briefs

New Year's Day, Jan. 1

Although it may run counter to most people's New Year's resolutions to lose weight, the Dutch believe that eating donuts on New Year's Day will bring good luck throughout the upcoming year. Other cultures also believe that round foods are lucky because they symbolize events "coming full circle."

Organize Your Home Day, Jan. 14

Held every year on the second Monday in January, it's a day to devote to organizing your home and clearing out clutter. Increasingly, people are enlisting professionals to help bring order to their homes and lives. According to the National Association of Professional Organizers, there are nearly 4,000 professional organizers in the United States, with many earning salaries in the six figures.

Healthy Weight Week, Jan. 13-1

This is always held the third week of the month because its sponsors, the Healthy Weight Network, report that many people go on crash diets in the first week of January, binge during the second week, and are ready for a healthier lifestyle by the third week.

St. Anthony's Day, Jan 17

While many Catholics know St. Anthony as the patron saint of lost items, this 2nd and 3rd century Egyptian hermit is also known as the patron saint of domestic animals and the patriarch of all monks.

100th Anniversary of the Boy Scout Movement, Jan. 24

On this date in 1908, Robert Baden-Powell, a lieutenant-general in the British Army, published Scouting for



Boys, the first book in a series of six. Many historians consider this the beginning of the Boy Scout movement, which today boasts more than 28 million members (both boys and girls) in 155 countries. In the United States alone there are currently more than 2.8 million boys and 2.7 million girls in the scout movement.

Freethinker's Day, Jan. 29

The Truth Seeker Co., a publishing firm established in 1873, sponsors this day as an annual celebration of the birth of Thomas Paine. He was one of the leaders of the American Revolution, as well as the author of Common Sense and The Age of Reason.

Links of Interest

["The CIO Communicator"](#)

[2008 Pay and Leave Calendar](#)

[Office of Personnel Management \(OPM\)](#)

[Eagles \(Government Travel Card Services\)](#)

[Retention Incentives](#)

[New 2008 Per Diem Rates](#)

[2008 GENERAL SCHEDULE \(GS\) LOCALITY PAY TABLES](#)

Situational Awareness

President Approves 3.5 Percent Civilian Pay Raise

President Bush on Jan. 4, signed an executive order putting in place an average 3.5 percent civilian pay raise for Fiscal Year 2008. The raise was included in the omnibus spending bill that became law last month. The executive order overrides a plan Bush issued late last year that would have limited the FY 2008 pay raise to 3 percent. Service members start the year with a 3 percent raise, which is the result of an automatic adjustment tied to a Labor Department wage index. The FY 2008 defense authorization bill called for a 3.5 percent raise for the troops, but Bush rejected the measure because of concerns unrelated to the pay hike.

[Click here for full story](#)

Pentagon Selects Citibank for DoD Travel Charge Card Services

DoD announced on Jan. 16 that beginning later this year Citibank will provide travel charge card services for about 1.2 million DoD card holders. The new cards will activate on Nov. 30. The department's card holders accounted for 61 percent of total government-wide travel spending in 2006, DoD said in a statement. The new agreement is part of the General Services Administration's umbrella SmartPay2 master contract. The estimated value of the DoD travel card order over a 10-year period is \$40 billion, based on projected travel card spending.

[Click here for full story](#)

To Your Health

Grapefruit Can Lower Cholesterol



According to a recent study published by the American Chemical Society's Journal of Agriculture and Food Chemistry, a grapefruit a day can significantly reduce cholesterol. Researchers also discovered that red grapefruit is even more beneficial than white grapefruit, likely because the red variety has more antioxidants. A full serving of grapefruit is defined as either a cup of fresh fruit or half a cup of grapefruit juice. People taking prescription medications should consult with their doctor before consuming grapefruit since it may interfere with some drugs.

Defining Fat

It's important to understand fat-related information on food labels. Here are the government's definitions for three common categories:

Fat-free — less than half a gram of fat per serving.

Low fat — Three grams of fat or less per serving.

Reduced fat — At least 25 percent less fat than its full-fat counterpart.

Sneaky Sodium

The American Heart Association says the average adult should eat no more than 2,300 milligrams of sodium (the amount in one teaspoon of salt) each day, but adds that most Americans are eating two to three times that amount. Opt for the low-sodium or salt-free versions of these common foods, particularly if you're over 50, have high blood pressure, or an African American:

Teriyaki sauce

2 tablespoons = 1,380 milligrams

Soy sauce

1 tablespoon = 1,005 milligrams

Pickle

1 medium dill pickle = 840 milligrams

Ketchup

2 tablespoons = 350 milligrams

Barbecue sauce

2 tablespoons = 300 milligrams

Eating Smaller Meals More Often

Dr. David Katz, author of *The Way to Eat*, says the key to successful weight loss is to eat three small meals interspersed with healthy mid-morning, afternoon, and evening snacks because this helps the body burn calories more efficiently and helps prevent overeating. One way to do this is to take a "half-now, half-later" approach. So save half of your breakfast for a mid-morning snack; at lunch, put aside half of a sandwich for an afternoon snack; at dinner, save your dessert for the evening.

Safety Corner

Keep Candles out of the Bedroom

The National Fire Protection Association discourages the use of candles in bedrooms because that's where



almost half of all home candle fires originate. If you don't heed this advice, at least follow these precautions:

- Keep candles at least one foot away from anything that could burn, including bedding, curtains and blinds, wallpaper, upholstered furniture, piles of clothing, and newspapers and magazines.
- Monitor the candle carefully; don't leave a burning candle unattended.
- Extinguish all candles when you leave the room or go to bed.
- Keep candles out of the reach of children and pets.

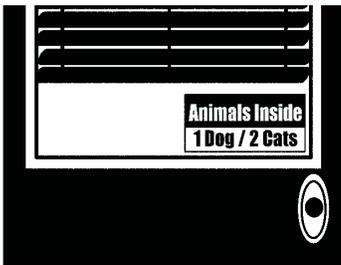
Safer Cleaning Products

A wise pediatrician once asked, "Why do we lock up our cleaning supplies but then get them out and spread them all over the house?" To gauge whether your cleaning products are hazardous, Delaware Health and Social Services says to look for these cautionary words on the label:

Poison
corrosive
Caution
Toxic
combustible
strong sensitizer
Danger
Warning
Flammable

The real safety of such products is difficult to know because there is no requirement to list ingredients on the product label. But the above words can alert you to potential safety issues.

Protecting Pets



Let firefighters, police, and other emergency personnel know that you have pets in your home or vehicle by posting pet alert stickers on doors and windows. Many pet stores, vet offices, and humane shelters give these out for free. The decals have boxes to fill in to list the number of dogs, cats, birds, and a blank space for other pets. As an extra benefit, some safety experts say that would-be intruders are less likely to break into a home with pets, particularly dogs. If you move out of your home or your pet dies, don't forget to remove the sticker to ensure that emergency personnel do not endanger themselves looking for a non-existent pet.

Skiing with Children

If your winter plans include a ski vacation with children, follow these recommendations from safety experts:

- Dress in layers and don't forget long johns and turtle necks.
- Outfit kids in bright snowsuits that are easily visible, as well as water and wind resistant.
- Remove any drawstrings around the hood because these could get stuck on equipment and pose a strangulation risk.
- Sew a name tag inside the snowsuit rather than outside where it could be visible to strangers.
- Give children a ski map and hotel brochure to put inside their pocket in case they get lost.
- Opt for water-resistant mittens rather than gloves because these will keep little fingers warmer and reduce the risk of frostbite.
- Wear sunglasses or goggles to reduce glare.
- Use SPF protection for face and lips.
- Consult an expert to have a ski helmet properly fitted.

Today's Quote

Doubt comes in the window when inquiry is denied at the door.
— Benjamin Jowett



EXTRA EXTRA EXTRA EXTRA

Dealing with a Younger Boss

More and more people are finding themselves reporting to a boss that is younger than they are. Management and human resource experts offer these DOs and DON'Ts:

DON'T

- Draw attention to the age gap by referencing cultural, historical, or political events that the boss is likely not to have been around for.
- Use words like “youngster” or “old timer.”
- Talk about how things used to be done in the past unless specifically asked.

DO

- Realize the situation is probably awkward or uncomfortable for the boss as well.
- Be willing to use new technologies and understand that younger bosses often prefer email versus face-to-face meetings.
- Focus on the work at hand and accept that it's your job to adapt to the boss, not the other way around.

Answer to Test Your Knowledge

It take 6-9 years for most Christmas trees to grow to an average retail sales height of six feet

2) 6-9 years



In Remembrance and Celebration of Martin Luther King Jr.'s Birthday and Army Diversity

Jan 15, 2008
BY [U.S. Army](#)

As Director of the Army's new Diversity Task Force, I am looking forward to working with Secretary Geren and General Casey on diversity issues in our organization.

Our Nation will honor Dr. Martin Luther King, Jr. with a federal holiday on 21 January. While this is a day off from work for most Soldiers and Army Civilians, I encourage everyone to take some time and reflect on why we honor Dr. King. As we approach Dr. King's birthday, I would ask every leader throughout the Army to make this "a day on, not a day off." As individuals, this means giving back to your community by volunteering on a wide variety of service projects. As leaders we should take this opportunity to reflect back on our management of diversity over the year and focus on ways to improve. Diversity is not an ends, but a means by which we make our Army stronger.

Enjoy the holiday and remember Dr. King's dream...an inclusive world with equality for all.

//signed//
BG Belinda Pinckney
Director, Army Diversity Task Force

Dr. Martin Luther King Day, Jan. 21

"We now have an opportunity to break the trend of memorials to war and erect a monument which delivers a message of lifelong peace in our land."

— John Carter, Washington, DC
Martin Luther King Jr. National Memorial Project Foundation



These words were spoken in testimony before the Senate subcommittee that oversees memorials in Washington, DC, regarding the proposed memorial to slain civil rights leader Dr. Martin Luther King. Last year, on Nov. 13, 2006, the groundbreaking for the new memorial took place on a four-acre site on the National Mall bordering the Tidal Basin. The memorial will be within sight of the Lincoln Memorial, where King gave his famous "I Have a Dream" speech in 1963. Its centerpiece will feature a sculpted figure of King emerging from a boulder amid a landscape of large stones, flowing water, and cherry trees. The memorial will also contain 24 niches along the upper walkway to commemorate others involved in the civil rights movement. Several niches will be left open for future dedications as new events unfold. The memorial's design incorporates underlying themes of justice, democracy, and hope. Construction is expected to finish in 2009.