



THE MOBILE

Black History Observance: PD chief says ‘get on the elevator, it’s time to ride!’



Mobile District employees enjoy special music during the Black History Observance, which was held Feb. 28 in downtown Mobile at the Radisson Admiral Semmes Hotel. This year's theme was "Black Women in American Culture and History." USACE Official Photo

[DISTRICT
HOME PAGE](#)

[INSIDE
THIS ISSUE](#)



Inside this issue....

Vol. 4, Issue 1

March 9, 2012

FROM THE DEPUTY COMMANDER

[Click Here](#)

DISTRICT CELEBRATES BLACK HISTORY MONTH

[Click Here](#)

USACE CHAPLAIN MAKES FIRST VISIT TO SAM

[Click Here](#)

LOCAL ENGINEERS RECOGNIZED NATIONALLY

[Click Here](#)

PRESCRIBED BURNING

[Click Here](#)

DISTRICT CREW SUPPORTS OMAHA DISTRICT

[Click Here](#)

PEOPLE

[Click Here](#)

TO YOUR HEALTH

[Click Here](#)

BRIEFS & LINKS OF INTEREST

[Click Here](#)

DISCLAIMERS

[Click Here](#)

Employee Spotlight



Click Here!

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THE MOBILE

PREVIOUS
PAGE

NEXT
PAGE



From the Deputy Commander...

Greetings Team,

What a great day to belong to the Mobile District! Since I wrote last for The Mobile, I have been out to several project sites and continue to realize the magnitude and diversity of all that the District does on a routine basis.

I never tire about telling our story to anyone who will listen, and as I learn more each day, I grow more impressed with the District and enjoy getting to know the people - both here within the Headquarters and out in the field.

One of the “fringe benefits” of being the Deputy Commander is that I get to host numerous people (many of whom are from USACE Headquarters) who want to get a flavor for what goes on in an Engineer District—and invariably they choose Mobile as the District of choice to visit.

Two such visitors to the District in recent months were the new Aide-de-Camp for our incoming Chief of Engineers, and the USACE Chaplain. Both visits went extremely well, due to the excellent support from the staff and from Construction, Operations, Planning, and Regulatory Divisions.

The importance of these types of visits cannot be understated - when the visitor leaves, he or she has a better appreciation for what is happening in our district, but more importantly, can carry that message to the highest levels of leadership in the Corps. We may never know the extent to which that benefits us, only that it does. And every visitor we have had wants to come back and experience more of the Mobile District. What a great testament to the work we are doing and the people that are doing it!

Several changes have occurred within the District, two of which I would like to highlight here.

First, we are preparing to welcome a new chief of the Construction Division, Mr. George Condoyiannis, as we said goodbye to Mike Abeln in January. Mike served the Corps for 36 years, the last 12 of which were chief of the Construction Division. We also welcome a new division back to the District.

Pat McFarlane and the Readiness Support Center (which was assigned to Headquarters USACE) are now officially assigned to the Mobile District. This makes Mobile the only district in the Corps to have a RSC. RSC will continue to support the entire Corps with training, both on the Emergency Management side as well as in Field Force Engineering.

Finally, I would like to close with a short story that is appropriate to this time of year.



*Lt. Col. Thomas Nelson
Mobile District Deputy Commander*

(Continued on next page)

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



From the Deputy Commander...continued

A young boy goes out to the backyard with a stick and a rock. Imagining that it is the bottom of the ninth, two outs, and the bases loaded—the team is down by two runs—in front of a full stadium, he pitches the rock. He swings and misses, Strike One. He repeats the process; Strike Two. On his final pitch, he swings the stick and the rock hits the ground—Strike Three. The boy looks up and says, “What a pitcher I am!” Sometimes, in a given situation, a problem becomes an opportunity depending on the perspective from which it is viewed. The challenge for us all is to think outside the box and look at things from all angles to turn your situation into a winning situation.

Stay safe out there—although we are having some beautiful sunny weather here at the District Headquarters, I know from experience that there could be another snowfall in the North Georgia Mountains. We’ve already experienced some severe weather, and hazards abound—please look to mitigate these and stay prepared. I look forward to more travels out to your project, perhaps with a visitor in town!

Building Strong! - *Lt. Col. Thomas F. Nelson*



THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



Black History Observance: PD chief says ‘get on the elevator, it’s time to ride!’

Story by Lorraine Evans, Public Affairs Office

The Equal Employment Office’s Special Emphasis Leadership Forum held its annual Black History Month Observance Luncheon Feb. 28 in downtown Mobile at the Radisson Admiral Semmes Hotel. This year’s theme was “Black Women in American Culture and History.”

As visitors entered the ballroom, there were mellow, soothing sounds flowing from harmonica player Joseph Brown, a guest musician. Many of the songs he played were old Negro spirituals, songs that began during slavery and were often used as codes for black slaves planning to escape.

The room was filled to capacity. Black Employment Program Manager Sonya Rodgers was the Mistress of Ceremonies. When she approached the podium, she enthusiastically thanked everyone for coming and the program began.



Planning Division Chief Curtis Flakes addresses the audience with his reflections. USACE photo



Keynote speaker Georgette Norman speaks to district employees about African American women in American culture and society. USACE photo

Deputy Commander Lt. Col. Thomas Nelson welcomed the audience. He shared with everyone a story of his daughter’s once keen curiosity of a photo depicting Harriet Tubman and the Underground Railroad, explaining the importance of embracing each other’s culture and complimenting EEO and SELF for bringing such opportunities to the district. Special guest Col. Brent Causey, U.S. Army Corps of Engineers Command Chaplain, delivered the invocation.

Lance Davis, Public Affairs Office, lifted everyone’s spirit with an inspirational rendition of the gospel song “My Soul Has Been Anchored in the Lord.” Davis was accompanied by Justin Amey, guest musician on the keyboard.

The observance continued on with guest speaker Georgette Norman - Director of the Troy University Rosa Parks Museum in Montgomery, Ala. Norman’s poetic, passionate remarks focused on the many contributions of African American women and how those contributions have impacted women in a multicultural society.

The program ended with special reflections from Chief of Planning Division Curtis Flakes. Flakes acknowledged African American employees who challenged the fairness of opportunities many years ago that would open doors for African Americans, women and other minority groups.

“I stand before you today in my reflections and tell you that whatever status you have - in this great agency that we call the Corps of Engineers - you are standing someone’s shoulders,” Flakes told the audience.

Because of the efforts made by those before him, USACE senior leadership has helped develop a pipeline of developmental opportunities, not only for African Americans, but anyone who is willing to work that will lead to the “15th floor of Mobile District.” Flakes was referring to GS-15 pay grade level. “Get on the elevator!” Flakes expressed. “It’s time to ride. This elevator is open to everyone. What a legacy to the shoulders we stand on and the senior leaders who stopped the elevator so others could ride to the top!” Flakes alluded to the success of several African Americans, women and other minority groups who have “changed the complexion of the Corps.”

In closing, he challenged everyone to continue a great legacy at Mobile District. “One of my biggest prides in this life is being a member of the U.S. Army Corps of Engineers.”

THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



USACE Chaplain makes first visit to SAM

Story by Lance Davis, Public Affairs Office



USACE Command Chaplain Col. Brent Causey, left, and USACE Mobile District Deputy Commander Lt. Col. Thomas Neslon, right, pictured in the district's Executive Office conference room. This was Causey's first visit to Mobile District as Command Chaplain. Photo by Lance Davis, Public Affairs Office

The U.S. Army Corps of Engineers Command Chaplain, Col. Brent Causey made his first visit to the South Atlantic Division Mobile District, or SAM. Tuesday, Feb. 28. His visit was part of an effort to engage several USACE districts and divisions.

The Command Chaplain came down on a one-day visit but felt such a short trip "didn't do my visit justice."

"This is one of my first stops as the Command Chaplain," Causey said. "It's incredible when I look at the resources you have, the programs you're required to do and the hearts of the people in the work they're pushing out do. I'm looking forward to coming back."

Causey said the essence of his role is to ensure the freedom and exercise of religion is honored for all USACE personnel; support the spiritual and emotional needs of others; and to make contact with the USACE family, cultivating caring relationships.

"I want to be a spiritual leader who cares and will be there for them [USACE personnel] and will come, if need be," Causey said.

Causey expressed that he is excited about being the Command Chaplain. "Everybody I've met in the Corps has embraced me and supported me in my mission," he said.

Chaplain Causey holds a Bachelor of Arts Degree from Biola University, La Mirada, California, and a Master of Divinity Degree from Fort Southwestern Baptist Theological Seminary, Worth, Texas. His military education includes completion of the Chaplain Officer Basic and Advanced Courses, United States Army Command and General Staff College, and the Army War College.

Prior to Chaplain Causey's current assignment, he served as United States Forces/Theater Command Chaplain – Afghanistan.

He served in a variety of positions including JFHQ-NCR/ MDW Command Chaplain Fort McNair, Washington D.C., MNF-I Deputy Command Chaplain, Iraq, 1st Infantry Division Chaplain, Fort Riley, Kansas; BSB Command Chaplain, Mannheim, Germany; Chief of the Chaplain Officer Basic Course, Fort Jackson, South Carolina; Brigade Chaplain, 3rd Brigade, First Infantry Division, Vilseck, Germany; Battalion Chaplain, 3-22 Artillery, Fort Sill, Oklahoma; 1-41 Infantry, Garlstadt, Germany; 3-64 Armor, Schwienfurt, Germany; 701st Main Support, Fort Riley, Kansas; 212th MASH, Wiesbaden, Germany. His deployments include Honduras, Panama, multiple times in Iraq, Bosnia, Macedonia, Kosovo and Afghanistan.

Causey's other accomplishments are: All-American High School Football and Wrestling; three times College All-American in Wrestling; and qualification for the 1980 Olympic Wrestling Team.

Awards and decorations which Chaplain Causey has received include the Bronze Star (2 Oak Leaf Cluster), Meritorious Service Medal (7 Oak Leaf Clusters), Joint Commendation Medal, Army Commendation Medal (2 Oak Leaf Cluster), and the Army Achievement Medal.

THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



Local engineers recognized nationally

Story by Lance Davis, Public Affairs Office

Mobile District's Engineering Division employees - Allison Pierce and Adriel McConnell - were recently nominated by the U.S. Army Corps of Engineers Headquarters and recognized among the top young engineers by the National Engineers Week Foundation for "New Faces of Engineering."

Engineers Week 2012 was observed Feb. 19 through Feb. 25. The week celebrates the positive contributions engineers make to society and is a catalyst for outreach across the country to young people and adults alike. In addition, it is part of many corporate and government cultures and is celebrated on every U.S. engineering college campus. According to the foundation, the "New Faces of Engineering" program highlights the interesting, unique work of young engineers and the resulting impact on society. Young engineers two to five years out of school are the focus of this recognition program. [CLICK HERE](#)



Profile picture of Allison Pierce, a structural engineer for Mobile District. Photo courtesy of the Engineering Division

Allison Pierce, a structural engineer, has distinguished herself as a leader in emerging technologies, innovative design and service to the nation. Pierce has used Leadership in Energy and Environmental Design, or LEED, principles, and provides innovative, cost-effective solutions. She developed 3D building information models and utilized fixed element software to analyze the effects of hurricane/tornado wind loadings on structural components for a 120-person dormitory at MacDill Air Force Base, Fla. Pierce has developed standard designs for Aviation Facilities, serving as the construction technical resource, and capturing lessons-learned for prototype refinement. Specifically, her role in the AH64 Maintenance Hangar at Ft. Rucker, Ala. incorporated 170 ft column-free spans supporting full length bridge cranes and a unique curved roof structure. As a base camp development team member, Pierce provides reach-back problem solving capability for soldiers and civilians deployed in the war theater. Her work with the standard water tower design constructed at multiple locations in Afghanistan, providing potable water for military forces and the Afghanistan population.

Adriel McConnell, a civil engineer, has been dedicated to delivering innovative, sustainable solutions to the nation's engineering challenges. As a leader in airfield and site development, McConnell provides vital facilities and infrastructure for training the nation's aviators and maintaining war fighting systems. Recent projects include Fort Rucker's AH64 Maintenance Hangar and Apron, and the rotary wing hangar, runways, taxiways and apron at Sharana, Afghanistan. A champion of emerging technologies; for the design of the Unmanned Aerial Systems Hangar and Airfield at Ft. Campbell; McConnell utilized Autodesk "Civil 3D" software to model the runway, taxiways, and adjacent terrain three-dimensionally; establish new grading elevations; extract sectional views; and quantify cut-and-fill materials, thereby significantly reducing the overall design time for this crucial project.



Profile picture of Adriel McConnell, a civil engineer for Mobile District. Photo courtesy of the Engineering Division

Serving as Team Leader for the district's Forward Engineering Support Team, he has supported diplomatic, economic, and disaster response efforts. His efforts include the 2008 Jamaica hurricane relief mission to conduct building, bridge, dam, and infrastructure assessments, and leading the 2010 Philippines mission providing designs for roads/infrastructure, and facilities such as barracks and local schools.

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



Prescribed burning improves wildlife habitat

by Lisa Coghlan, Public Affairs Office

Each winter, park rangers from projects throughout the U.S. Army Corps of Engineers use controlled or prescribed burning to improve wildlife habitat on public property. A total of 2,000 plus acres of public land is included in the burning plan for 2012 at the West Point Lake Project in West Point, Ga.

Park Ranger Derrick Wilkerson, who manages this program, says “prescribed burning is an important forest management tool.”

According to Wilkerson, many species and ecosystems require fire to ensure their survival. The overall purpose of the prescribed burns is to maintain the land’s ecological integrity. For many of these ecosystems, it’s not a matter of “if” the land will burn, but rather “when.”

“We like to choose when,” Wilkerson said.

The Corps conducts prescribed burning for a number of reasons. First, the fire removes accumulated fuels, such as pine straw; leaves; and dead or dry vegetation. This reduces the risk of an intense wildfire. Second, prescribed fires improve natural forest conditions by promoting seed germination, the flowering or sprouting of native plants. Third, this process improves the quantity and quality of plant leaves and stems for wildlife, including deer, turkeys, quail and other species. Finally, prescribed burning helps to control various pests like ticks and pine beetles.



Park Ranger Derrick Wilkerson conducts prescribed burning on the public property that surrounds the West Point Lake reservoir. Photo courtesy of the West Point Lake Project Office in West Point, Ga.

“We are very careful to avoid impacting adjacent neighborhoods with smoke from our fires. It’s understandable that people sometimes get upset when there is smoke in the air, especially if they don’t know the reason for the fire,” Wilkerson said. “That’s why we’re trying to get the word out about our prescribed burning program. Dealing with a little bit of smoke now is definitely better than trying to control a raging wildfire later.”

Surrounded by deep forests and rolling fields, West Point Lake extends 35 miles along the Chattahoochee River on the Alabama-Georgia state line. The lake’s 525 miles of shoreline provides excellent opportunities for fishing, camping, boating and other recreational activities. [CLICK HERE](#) for more information.



THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



District crew supports Omaha District

Story by Jason Krick, Engineering Division, and Lance Davis, Public Affairs Office

Last year the Missouri River had significant flooding and as a result, many dams and levees were damaged.

Omaha District in Omaha, Neb. was provided emergency funding to rehabilitate the dams and levees before this year's flood season.

Mobile District's Core Drill crew traveled to Omaha Feb. 9, 2012 to begin working on the Missouri River Levee repairs. Temperatures were ranging between -5F to +27F. But this crew is no stranger to challenging work.

Its members have worked in South America, Africa, and highly visible national projects, including work in Chicago; Ft. Irwin, Calif., Herbert Hoover Dike in south Florida; and even Niagara Falls, N.Y.

"Mobile District's Core Drill is honored to be a part of the Omaha District's recovery mission," said Jason Krick, a manager in the Engineering Division for the Geotechnical and Dam Safety Branch. "Mobile District holds the prestigious position as the Subsurface Technical Center of Expertise."

The district's team in Omaha consists of geologist/Team Leader - Mike FitzHarris, geotech engineer Valerie Morrow and four drillers - Eddie Woods, Jimmy Stafford, John Lamar, and Rodney Kutei.



Mobile District Core Drill crew members in Omaha, Neb. Picture from left to right are John Lamar; Jimmy Stafford; Eddie Woods; and Rodney Kutei. Photo courtesy of Mike FitzHarris, Engineering Division

According to Krick, they are basically drilling through the snow and into the soil made levees to collect samples for the Omaha District to determine to what extent the levees will need to be repaired.

Geologist Rhonda Capes who was FitzHarris' predecessor recently returned from the mission.

"The temperature was probably the most challenging, but once it warmed up, we had a new challenge - slimy mud," Capes said. "As a geologist, it's wonderful to support such an important mission and see our crew members work hard to support this recovery."

The crew is expected to remain in Omaha to the end of March.



Mobile District Core Drill crew members work through freezing temperatures, snow and winds to support the Omaha District's Recovery Mission. Photo courtesy of Rhonda Capes, Engineering Division



An unrecognizable Rhonda Capes due to the cold weather pictured in Omaha, Neb. Capes is a geologist who worked as the team leader for almost a month in Mobile District's support to the Omaha Recovery mission. Photo courtesy of Rhonda Capes, Engineering Division

THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



SAM VOICES

Who is your valentine and what do you love most about this person?



Lita Trotter - Accountant, Resource Management

My valentine is my husband Arvin and what I love most about him is that he always puts me first.



Richard Mullens - Chief of Program Management & Control Branch, Real Estate

Christine Mullens - my wife - is my valentine, and she's my favorite person because she's been able to take care of me for 35 years now.



Carla James - Administrative Assistant, Safety & Occupational Health Office

My valentine is my husband Bob James and we are about to celebrate our 15 years of marriage. The thing I love most about him is that he loves me unconditionally.



Lt. Col. Thomas Nelson - Mobile District Deputy Commander, Executive Office

My valentine is my wife Lori for almost 17 years now. What I love the most about my valentine is that she's a great mother, a great wife and a great partner. She keeps me straight and keeps me going.



Amanda Abbate - Medical Assistant, Safety & Occupational Health Office

My valentine is my husband David B and what I love most about him is his sense of humor.

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



PM celebrates Mardi Gras, staff member birthday

Story by Lance Davis, Public Affairs Office



Joni Euler, a program analyst in Project Management, is dressed for the celebration from head to toe. PM budget analyst is pictured behind Euler. Photo by Lance Davis

If you did not know, the first city in the U.S. to celebrate Mardi Gras is Mobile, Ala.

With that said, Mobile District's Project Management Division did not miss out on the fun this year.

Nikky Moore, an administrative assistant in PM, and a few of her colleagues organized a Mardi Gras party with plenty of food. This event was well attended.



Several district employees gather around to enjoy plenty of party food, courtesy of Project Management, in celebration of Mardi Gras. Photo by Lance Davis, Public Affairs Office

PM staff members also held a surprise birthday party for fellow colleague Robert "Bobby Howard" who celebrated his birthday on Feb. 8. Howard is a file clerk in PM's civil works division.



Project Management's Bobby Howard pictured front and center in a group photo with his PM colleagues. PM staff members surprised Howard with a party. His birthday was Feb. 8. Photo by Lance Davis, Public Affairs Office



Project Management file clerk Bobby Howard's birthday cake pictured. Howard's colleagues in Project Management surprised him in February for his birthday, which is on Feb. 8. Photo by Lance Davis, Public Affairs Office

THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



Employee Spotlight: Kathy Mabry

Story by Lance Davis, Public Affairs Office



Park Ranger Kathy Mabry pictured at the Walter F. George Natural Resources Site Office in Fort Gaines, Ga. Photo courtesy of WFG.

When she was a little girl, Mary “Kathy” Mabry would travel during the summer with her parents and sister to visit family in Arizona. Often times they would go camping at the various state parks. Mabry recalled one particular trip when a state park ranger assisted her family with building a campfire. She was so impressed by the ranger’s courtesy and it was this experience with him, along with many others, that would inspire her to become a park ranger.

Park Ranger Mabry works at the Walter F. George Natural Resources Site Office in Fort Gaines, Ga. and has 16 years of experience with the U.S. Army Corps of Engineers and the National Park Service combined. She says becoming a park ranger is something for her to be proud about it.

“I have been blessed to work in a field I’m most passionate about and wanted to pursue and have the many interactions with people I’ve had,” Mabry says.

Her duties involve lots of outdoor work and much day-to-day contact with visitors who come to enjoy Corps lakes, recreational parks and campground areas, ensuring they are comfortable and safe. In addition, motivating visitors to learn more about water safety, cultural resources and/or wildlife are ideal aims.

“Our goal is to promote safety, protect the natural resources and make sure everyone is having a happy experience,” she says. “Leaving them wanting more is what you want to achieve.”

This ranger says working with the Corps is never boring, especially when you have the opportunity to promote water safety at various festivals and community events.

“Children and the elderly are our treasures and some of my favorite people to work with. But it’s so good to work with children because they have their whole lives ahead of them. If we can just instill a few things in them such as learning to swim, never swimming alone and to always wear a life jacket, it makes a difference. When you run across them later and they recognize you, it’s a delight when they tell you what they remember!”

Mabry’s limited knowledge in computer technology is what she finds most challenging, but she appreciates the support and empowerment she has received from her colleagues.

“So many things are completed online and my computer expertise is limited, but I have been able to master - on a small scale - some of the duties thanks to my coworkers.”

Mabry encourages young park rangers who work for the Corps to stick with it, learning all they can, and to “take advantage of all the Corps has to offer.” “There is never an end to learning. Everyday is a new day to learn something that will benefit you as a park ranger or just as a person.

Mabry recently returned to the Corps after several years and has been with the Mobile District for nine plus months. Previously, she worked at Mobile District’s Lake Sidney Lanier Project Office outside of Atlanta, Ga. She attended the University of Southern Mississippi in her hometown of Hattiesburg, Miss. and holds a bachelor’s in outdoor recreation and natural resources management. She and her husband Kyron Mabry, a retired engineer from the Vicksburg District, enjoy adopting abandoned pets or helping them find new homes.

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



Valentines Day: FRN, district employees remember deployed personnel

Story by Liz Gross, Project Management Division



Col. Steven Roemhildt, the Mobile District Commander, gives a thumb's up as he begins to sign Valentine's Day cards for the district's deployed personnel. Photo by Lance Davis, Public Affairs Office

This year, my two teenage daughters had boyfriends on Valentine's Day for the first time. It was a little crazy, but fun, to watch their excitement as Valentine's Day approached.

They were nervous about their gifts - Would it be enough? Would their boyfriends like them? More importantly, what were their boyfriends going to get them? The day came and my daughters were happy beyond themselves.

While Valentine's is a day of excitement for many, it can be a day filled with loneliness for others.

Our deployed employees were, hopefully, remembered by their significant others or

family members. Nevertheless, it's not the same when you can't be around in person to feel the excitement of the day.

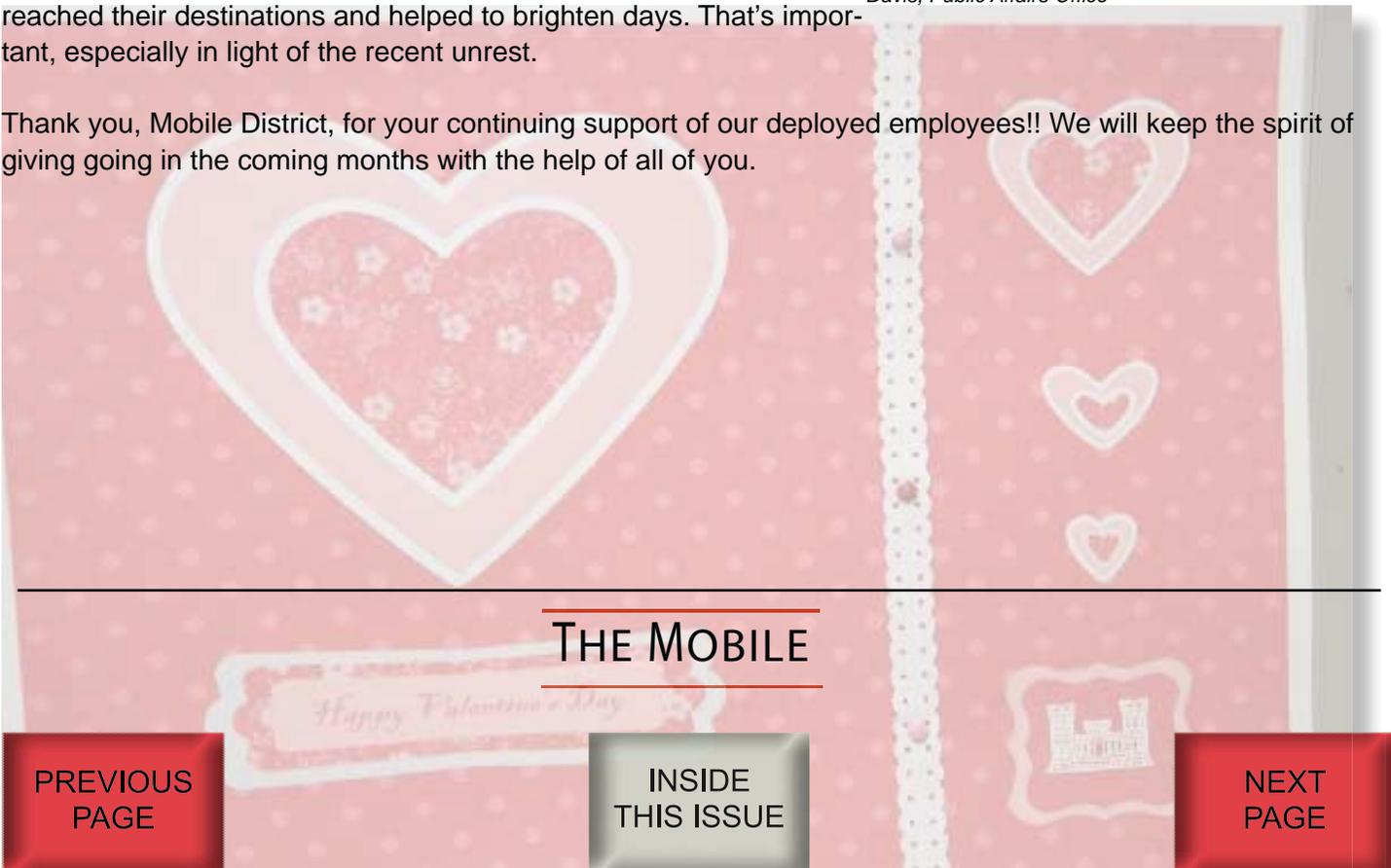
That is why the Family Readiness Network wanted to make sure every deployed employee received something from Mobile District. The card was nice, but all the signatures on the back truly showed the support of the District to all of these employees.

We have started to receive thank you emails, so we know they have reached their destinations and helped to brighten days. That's important, especially in light of the recent unrest.

Thank you, Mobile District, for your continuing support of our deployed employees!! We will keep the spirit of giving going in the coming months with the help of all of you.



Mobile District employees gather around Commander Roemhildt to sign Valentine's Day cards provided by Liz Gross of the Family Readiness Network. Photo by Lance Davis, Public Affairs Office



THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



Contracting Division gives wedding shower for groom-to-be

Story by Lance Davis, Public Affairs Office



Cynthia Dunham, a supervisory contract specialist, cuts the cake during a wedding shower given by Contracting Division employees for contract specialist Melvin Graham, right, and his fiancée Veronica Perry, far right. Photo by Lance Davis, Public Affairs Office

Employees from the Contracting Division planned a wedding shower for contract specialist Melvin Graham Thursday, March 1.

His bride-to-be Veronica Perry and his parents were in attendance, along with several of his colleagues.

Supervisory Contract Specialist Cynthia Dunham gave opening remarks and Construction Branch Chief Donna Parker spoke as well.



Groom-to-be Melvin Graham and his fiancée Veronica Perry feed each other their wedding shower cake. Cynthia Dunham cut the cake for them so they would not break the tradition of cutting the cake together at their wedding. Photo by Lance Davis, Public Affairs Office

The wedding will take place Saturday, March 10.

Williamson High FBLA members visit Mobile District

Story by Lance Davis, Public Affairs Office

The district's Public Affairs Office hosted Williamson High School students of Future Business Leaders of America for third consecutive time Friday, March 2. Lorraine Evans, a public affairs specialist, presented the students with a briefing about the various careers, programs and projects in Mobile District.

Evans also escorted the FBLA students throughout the Mobile District Headquarters building where they met with district employees from a variety of professions.



Williamson High FBLA students pictured on the 7th floor of Mobile District Headquarters. Photo by Lorraine Evans, Public Affairs Office

The visit ended with a discussion between the students and Public Affairs Office staff members on the importance of "building relationships" and being "a team player."

"It's always a wonderful experience to have an opportunity to educate and encourage young people from our surrounding communities," Evans said.

THE MOBILE

PREVIOUS PAGE

INSIDE THIS ISSUE

NEXT PAGE



To Your Health

5 ways to protect yourself from springtime allergy attacks

Spring is on the way and its arrival will bring sunlight and flowers and green leaves on the trees - and seasonal allergies. Tree pollens and mold spores can wreak havoc on the 35 million Americans who suffer itchy eyes, runny noses, scratch throats, and fatigue due to allergies.

Beyond the many over-the-counter and prescription medications available, you can take some simple steps to reduce your misery:

- 1. Limit your exposure.** After months of cabin fever, staying inside with the windows shut tight may seem a shame on a lovely day, but consider the alternative: sneezing, wheezing and rubbing your eyes nonstop. Stay indoors when conditions are ripe for an allergy attack.
- 2. Plan your outings.** Rainy and non-windy days are best for keeping pollen at bay. Remember, too, that pollen counts peak in the midday hours. Avoid grassy and wooded areas. Check your local news source for pollen counts.
- 3. Park strategically.** Pollen can coat your car on heavy days. Keep your car in the garage as much as possible. When you park outside, try to avoid parking under a tree. Your car may be cooler when you get into it, but you'll be less likely to get a nose full of pollen in the process of opening the door.
- 4. Scrub up.** When you come back into your home, remove your shoes, or at least do a thorough job of wiping residual pollen from them. And wash your hands (you may even want to shower and get into some pollen-free duds.) When you wash your clothes, use a dryer, rather than an outdoor clothesline.
- 5. Plan your outings.** Pollen can cling to carpets and linens, so vacuum your rugs and change your sheets more frequently than at other times of the year. That goes for bath towels too. An in-home air filtration system can help remove irritating particulates.

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



Briefs

Women’s History Month. An outgrowth of International Women’s Day on March 8 every year, Women’s History Month highlights and celebrates the contributions of women throughout history.

American Red Cross Month. The Red Cross was created by Clara Barton in 1881. American Red Cross Month recognizes the role the Red Cross plays in saving the lives of people around the world.

Leeks and Green Onions Month. Two often forgotten members of the onion family, leeks and green onions (scallions) looks similar - both have bulbous ends, fringed roots and long leaves. These vegetables have a long history in cuisines from Europe to Asia, thus illustrating their versatile nature.

National Write a Letter of Appreciation Week, March 1-7. Do you know someone who deserves a special thank-you? Take the time to show your appreciation with a letter.

Celebrate Your Name Week, March 4-10. Who would you be without your name? Learn what your name means and whom you were named after, explore your family’s roots and embrace your unique identity.

Newspaper in Education Week, March 5-9. The first full school week of March. Print may be dying, but newspapers are still a vital source of information about our community and our world. Highlight the benefits of using newspapers in the classroom as “living textbooks” that can help teach our children.

National Anthem Day, March 3. Anniversary of the adoption of Francis Scott Key’s “The Star Spangled Banner” as our national anthem.

Pi Day, March 14. Mathematicians everywhere can enjoy the date 3-14, which is the beginning of the infinite sequence of numbers one gets by dividing the circumference of a circle by its diameter: 3.1415926535...

Freedom of Information Day, March 16. Open and free access to government information remains the hallmark of a democratic society.

Saint Patrick’s Day, March 17. Wear something green and commemorate Patrick, the patron saint of Ireland, credited with bringing Christianity to Ireland (and driving out the snakes, though that’s a myth).

Links of Interest

- [USACE Headquarters](#) [Mobile District Home Page](#)
- [Army News](#) [Army Civilian Service](#)
- [Working for Mobile District](#) [Civilian Personnel Online](#)

THE MOBILE

PREVIOUS
PAGE

INSIDE
THIS ISSUE

NEXT
PAGE



THE MOBILE

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PREVIOUS
PAGE



INSIDE
THIS ISSUE

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