



US Army Corps of Engineers

Mobile District

BUILDING STRONG®

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THE MOBILE

MLK: Employee shares memoirs of Civil Rights Movement leader



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COVER STORY PHOTO CUTLINE: Frank Peterson - Architect Project Negotiator for the district's Engineering Division - speaks before an audience of Mobile District employees, sharing his personal memoirs of knowing the late Civil Rights Movement leader Rev. Dr. Martin Luther King, Jr. at the MLK Observance held Jan. 15 by the Equal Employment Opportunity Office and Special Emphasis Leadership Forum. Photo by Lance Davis, Public Affairs Office.

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From the Commander...

District Team Members:

As you are aware, sequestration is looming and fiscal uncertainties associated with its implementation within the Department of Army has direct impacts upon the Mobile District. While we hope for the government to formulate a solution preventing sequestration, the Army is making tough, but necessary choices, to cut costs and hopefully avoid more significant problems in the future.

The District is acting within guidance provided by our headquarters and is taking prudent actions, reducing costs that will minimize harmful effects on personnel and to the extent possible are reversible at a later date. These actions include:

- Complying with an Army-wide civilian hiring freeze. Those personnel that have been selected for a position and have an entrance on duty date established but not yet arrived are not affected.
- Termination of temporary employees and rehired annuitants consistent with mission requirements. Employees on term appointments will not be extended. Notifications to such employees are underway and though termination could theoretically happen any time, we anticipate March 1, 2013 as a decision date for this action.
- Reduce overhead costs as much as possible... reduced travel budgets & supply purchases, and stopping minor purchases that are not mission-critical (i.e. office/building upgrades).
- Participation in conferences will be significantly curtailed.
- Curtail training not designated as mission essential (not including training where funds have already been obligated).

There is a policy for exceptions but I plan to be pragmatic in seeking approval as these cuts will potentially achieve only a small portion of savings required should sequestration occur. If sequestration hits and more cuts should be required, the possibility of civilian furloughs exists; though, I want to emphasize that this would be a tool of last resort.

I am determined to do all I can to protect civilian jobs and I am very concerned about the impact this is going to have on the workforce. There is still the possibility that sequestration will not occur and that is why we are making decisions that are reversible. As more guidance is formulated I plan to share openly and candidly. As concerned and determined as I am I also remain hopeful and optimistic as the District is very financially healthy and our missions remain strong.



*Col. Steven Roemhildt
Mobile District Commander
Official USACE Photo.*

Building Strong! - **Col. Steven Roemhildt**

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MLK: Employee shares memoirs of Civil Rights Movement leader

Story by Lance Davis, Public Affairs Office



Mobile District Deputy Commander Lt. Col. Thomas Nelson pictured with Frank Peterson, Architect Project Negotiator in the Engineering Division, after just presenting him with a certificate of appreciation and commander's coin for his participation in the Special Emphasis Leadership Forum's Martin Luther King Observance. Photo by Lance Davis, Public Affairs Office.

Mobile District's Equal Employment Office and Special Emphasis Leadership Forum hosted a lunch and learn session to remember the life and legacy of Civil Rights Movement leader Rev. Dr. Martin Luther King, Jr. Jan. 15 in the Office of Counsel conference room.

The keynote speaker was Frank Peterson who is the Architect Project Negotiator for the district's Engineering Division. This event was well attended as several district employees came to hear Peterson share his personal experiences with King.

Peterson told the audience he grew up in southwest Atlanta during the 1940s and 1950s across the street from Booker T. Washington High School where his mother Mrs. Thelma Green-Peterson and King were classmates. King and mother Peterson were actually born on the same day, Jan. 15, 1929. King would visit his high school alma mater and occasionally stop by the Peterson family home for a visit. In addition, Peterson's aunt was a member of Ebenezer Baptist Church - the King family's church - where he

would often accompany her for worship service.

Peterson described King as very intelligent as evidenced by him finishing high school early and being recruited to attend the prestigious Morehouse College - the only all male historically black institution.

Peterson's grandfather was an entrepreneur with a catering business and bakery. He opened a restaurant near Morehouse called The Friendly Inn, which was a favorite hang-out spot for many of the college students and a place where Peterson spent time. King would frequently visit to play pool. This was among Peterson's earliest memories of King.

"He was like a pool shark. He could call shots and make them just like that," Peterson said.

Because King came from a family of prominent ministers and was smart, Peterson said that was to his advantage and characterized him as a ladies' man.

"He got play [attention from the ladies]," Peterson laughed as he spoke to the audience.

Peterson's peers would often tease him when King would ask him about his mother. He recalled them saying "he never asks about your father."

The speaker of the hour went on to talk about King's social consciousness and how King had a way of reaching and connecting with people from all walks of life. According to Peterson, King's father - known to many as Daddy King - had a significant influence on his son because he was an advocate of voting rights and equal pay.



An audience of district employees responds with laughs as they listen to Frank Peterson, Architect Project Negotiator in the Engineering Division, talk about some of his humorous moments he had with the late Rev. Dr. Martin Luther, Jr. while growing up in Atlanta in the 1940s and 1950s. Photo by Lance Davis, Public Affairs Office.

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MLK: Employee shares memoirs...continued

Story by Lance Davis, Public Affairs Office

Peterson indicated that he did not get involved with King's nonviolence movement for civil rights while he was in college at Tennessee State University in Nashville, Tenn.

"If you wanted to be a demonstrator, you had to come in and learn how to act. But you had to also take up their pledge to be willing to die for a cause," Peterson explained. "Needless to say I wasn't willing to take up that cause."

Another reason Peterson did not participate was because TSU being a state-funded institution. The then university president threatened to expel any students who got involved. But Peterson had much respect for those who were participating, including his college sweetheart who attended nearby Fisk University, a private college. He and his friends would often attend the marches to cheer them on or protect them if necessary from harm because these student demonstrators had pledged their lives to peaceful demonstrations. Fortunately, the marches never called for Peterson and his friends to resort to violence. The marches did result in many of the student demonstrators being arrested, and Peterson would visit his college sweetheart in jail.

Peterson graduated from TSU with a bachelor's degree in architecture and earned a master's degree in architecture from Columbia University in New York City. He was living and working in New York for prominent black architect J. Max Bond, Jr. at Bond Ryder & Associates when King was assassinated at the Lorraine Motel in Memphis. At his place of employment, Peterson had the opportunity to contribute to the architecture design of the Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta.

Although he was not a participant, Peterson said he learned a life-long lesson from the efforts of King and many others during the Civil Rights Movement era.

"If you have a committed cause and committed effort, as a community, we can change the world. I have seen this first hand. Things were changed because people were educating themselves, they were determined, and they had a just cause."

In closing, he challenged the audience to get involved in the community, saying God made everyone unique with a gift the world can appreciate "so use it."

After the keynote speaker concluded his remarks, presentations were made by Equal Employment Opportunity Office Chief Catherine Cummings and Deputy Commander Lt. Col. Thomas Nelson.

EEO special emphasis programs promote equal opportunity in the hiring, advancement, training, and treatment of each targeted group. These programs advocate necessary change to overcome barriers that restrict equal employment opportunity for women, minorities, and individuals with disabilities.

The Special Emphasis Leadership Forum is committed to creating awareness of the diversity and culture among the district's workforce.

The Office of Equal Employment Opportunity, or EEO, provides leadership and direction in creating and sustaining a diverse workforce and an environment free of discrimination at USACE Mobile District Headquarters. EEO and USACE Mobile District work proactively to enhance the employment of women, minorities, veterans, and people with disabilities. This is achieved through policy development, oversight, complaints prevention, outreach, education and training programs.

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Patrick AFB: Mobile District completes new combat weapons training facility

Story by Lance Davis, Public Affairs Office



Pictured is an exterior view of the new Combat Weapons Training Facility at Patrick Air Force Base, Fla. This new training facility consists of a 34,400 square-foot, 14-point, 100 meter, fully-contained firing range. Photo by Lance Davis, Public Affairs Office.

Last fall Mobile District completed a design and construction project of a new Combat Weapons Training Facility for the U.S. Air Force at Patrick Air Force Base, Fla. that replaced a small 28-point, 25-meter firing range.

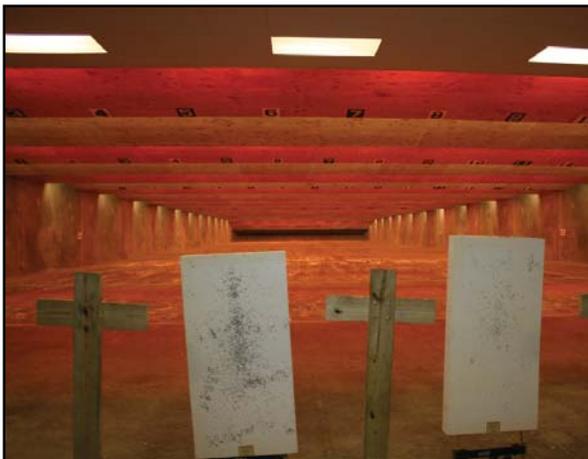
This new training facility consists of a 34,400 square-foot, 14-point, 100 meter, fully-contained firing range, offering more efficiency for combat weapons training.

It has a range control booth for small arms training with the capability of accommodating both frangible and lead ammunition. There are also range support facilities with areas for training classrooms, weapons, maintenance, ammunition storage, weapons vault, latrines and administrative needs.

“It’s definitely a state-of-the-art facility,” Andrew Bonjorno, a combat arms instructor, said. “When you’re indoors, you don’t have to adjust your training based on the weather. It’s very consistent. You know what you’re getting.”

According to Bonjorno, some students require nighttime fire. The training facility is equipped with special lighting effects as opposed to waiting until sundown at the previous outdoor, firing range.

Weapons used in the facility are pistol M-9 (9mm); rifle M-16/M-4 (5.56 mm); Shotgun (12 Gauge 00 shot); Medium Machine Gun M-240 (7.62mm); and Light Machine Gun M-249 (5.56 mm). Weapons mounted on vehicles can also be brought in for troops to train.



Interior view of the Patrick Air Force Base Combat Weapons Training Facility, specifically the 14-point, 100-meter firing range. Photo by Lance Davis, Public Affairs Office.



Shooting targets pictured from the original 28-point, 25 meter outside firing range. Photo courtesy of project engineer Timothy Roscoe, Construction Division, at Patrick Air Force Base Resident Office.

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Patrick AFB: Mobile District builds new AFTAC Headquarters

Story by Lance Davis, Public Affairs Office



Rendition of the project completion of the new Air Force Technical Applications Center at Patrick Air Force Base, Fla. This is a U.S. Army Corps of Engineers project being managed by the Mobile District. Completion is scheduled for Jan. 31, 2014. Rendition courtesy of Jesse Mancini, Construction Division / Patrick AFB Resident Office.

The U.S. Army Corps of Engineers Mobile District is constructing a new building for the Air Force Technical Applications Center Headquarters at Patrick Air Force Base, Fla. that will replace the existing headquarters built in the 1950s.

AFTAC performs nuclear treaty monitoring and nuclear event detection. It also provides national authorities quality technical measurements to monitor nuclear treaty compliance and develops advanced proliferation monitoring technologies to preserve America's security.

The USACE Mobile District contractor is Hensel Phelps Construction Company with a contract for \$157 million.

"Hensel Phelps is very happy to be part of this project. It's a privilege to support the

future of AFTAC," Sean Vannoy, a project superintendent for Hensel Phelps, said.

Mobile District Resident Engineer Dennis Newell said Hensel Phelps has done a great job in employing local and state-wide labor. Newell also explained that this supports the partnering goals of the AFTAC project making a positive impact in the community and areas beyond.

The project consists of a two-phase design-build of AFTAC.

Phase I includes the design and construction of four facilities built in a campus environment. The primary facility is a multi-story command and control facility (275,997 gross square feet); a logistics and maintenance area; a high bay and a warehouse. Adjacent to this facility is a radiochemistry laboratory (37,996 GSF). The project also includes a central utility plant (23,411 GSF) and a stand-alone, five-story parking garage (180,058 GSF). Contract requirements include the responsibility for the design, purchase and installation of specified laboratory equipment.

The project scope includes utilities, pavements, site improvements, and demolition/relocation of two existing ammunition storage magazines from the foot print of the facilities/campus. Design and construction for protection and coordination of endangered species and wetlands mitigation are required.

Phase I construction must be complete to allow the user to move in over a six-month period and commence operations before existing facility may be demolished. According to Jesse Mancini, project engineer for AFTAC at Patrick AFB Resident Office, phase I of this project was started in July 2011 and is expected to be completed by Jan. 31, 2014.

Phase II of the project - demolition of the existing AFTAC facility built in the 1950s, which includes asbestos abatement and lead paint abatement - is anticipated to be completed by Feb. 2, 2015.

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AFTAC Headquarters...continued

Story by Lance Davis, Public Affairs Office



Photo of the current Air Force Technical Applications Center at Patrick Air Force Base, Fla. Photo by Lance Davis, Public Affairs Office.

Project Officer Col. John Pilot whose role includes liaison to Mobile District's client the U.S. Air Force said this project is so successful because Mobile District previously worked with Hensel Phelps previously on a similar Headquarters facility. He also attributes progress to the great working relationship with USACE's client.

"This project has gone incredibly well. The support we've received from our customer AFTAC and the 45th Space Wing who runs the base has been exceptional," Pilot said.

AFTAC is a surveillance organization subordinate to the Air Force Intelligence, Surveillance and Reconnaissance Agency at Lackland AFB, Texas and is located at Patrick AFB on Florida's east coast, less than 30 miles south of Kennedy Space Center. It employs nearly 1,000 Department of Defense employees. There are 10 detachments, four operating locations and more than 60 unmanned equipment locations around the world that support the long range detection mission.

AFTAC operates and maintains a global network of nuclear event detection sensors called the U.S. Atomic Energy Detection System. Once the USAEDS sense a disturbance underground, underwater, in the atmosphere or in space, the event is analyzed for nuclear identification, and findings are reported to national command authorities through Headquarters U.S. Air Force.

AFTAC's nuclear event detection mission is directly linked to its nuclear treaty monitoring mission. AFTAC monitors signatory countries' compliance with the 1963 Limited Test Ban Treaty. This treaty prohibits nuclear testing anywhere but underground and prohibits the venting of nuclear debris or radiation from those tests into the atmosphere outside the country's national borders. AFTAC also monitors the Threshold Test Ban Treaty of 1974 and the Peaceful Nuclear Explosion Treaty of 1976. The 1974 treaty limits the size of underground nuclear tests to 150 kilotons, while the 1976 treaty prohibits the testing of nuclear devices outside of agreed treaty sites.



USACE contractor at work on the construction site for the new Air Force Technical Applications Center at Patrick Air Force Base, Fla. Photo by Lance Davis, Public Affairs Office.

Soon after the end of World War II, Gen. Dwight D. Eisenhower recognized the need to monitor nuclear programs. In 1947 he directed the Army Air Forces to be able to "detect atomic explosions anywhere in the world." In 1949, a sampler aboard an Air Force Office of Atomic Testing B-29 flying between Alaska and Japan detected debris from the first Russian atomic test - an event the experts had predicted couldn't happen until the mid-1950s. When AFTAC was activated, it assumed responsibility for the Long Range Detection Program. This program has evolved into a unique resource that monitors compliance with nuclear treaties, supports our nation's space programs, and helps protect citizens during emergencies involving nuclear materials. AFTAC systems detected and confirmed nuclear weapon tests by India and Pakistan in 1998. In October 2006, AFTAC's USAEDS detected an event associated with North Korea's claim of a nuclear test, and later provided verification to national authorities that the event was, in fact, nuclear in nature.

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Allatoona Lake park rangers support National Public Lands Day

Story by Troy "Stephen" Cain, Operations Division / Allatoona Lake



Park Ranger Stephen Cain, far left, discusses the history of the restoration site with Western Carolina University students and volunteers. River cane was an extremely important plant for the Native Americans, used for houses, mats, blowguns, baskets, etc. Photo by Jonathan Wise, Operations Division.

U.S. Army Corps of Engineers Allatoona Lake Park Rangers, Cobb County, Ga. employees, National Park Service biologists, and students & faculty from Western Carolina University, and several other volunteers celebrated National Public Lands Day by joining forces for a planting event at Durham's Pasture on property leased by Cobb County, Ga. from the U.S. Army Corps of Engineers.

National Public Lands Day is the nation's largest, single-day volunteer effort for public lands. NPLD began in 1994 with three sites and 700 volunteers. It proved to be a huge success and NPLD became a yearly tradition, typically held on the last Saturday in September.

This diverse team worked in support of an agreement signed with Cobb County in an effort to restore a critically, endangered ecosystem by planting river cane along the banks of Allatoona Creek.

River cane (*Arundinaria gigantea*), endemic to the U.S, is the only genera of bamboo native to North America. Large areas of river cane known as canebrakes were once abundant along

river bottoms in the southeastern United States; however, canebrakes are now considered critically endangered ecosystems. A 1995 study published by the Department of the Interior, National Biologic Service, identified these "canebrakes" as critically endangered ecosystems because they have experienced a greater than 98 percent decline since European settlement in North America. The clearing of land for agricultural use, fire suppression and competition from non-native species, such as privet, account for this drastic decline.

The restoration of Durham's Pasture from an old hay field to a canebrake will be a benefit to wildlife, water quality, and the public. River cane has a demonstrated ability to remove sediment from storm water and provide cover and food for many diverse species of animals. Maps from the 1830's identify the meeting of Allatoona Creek and Little Allatoona Creek as the location of a historic canebrake.

The USACE park rangers at Allatoona Lake Project Office embrace this opportunity to support National Public Lands Day each year because it supports their efforts in preserving and protecting public lands.

Located only 30 miles from Atlanta, Allatoona Lake is situated on the Etowah River, a tributary of the Coosa River. The serene lake and peaceful surroundings offer a respite from the rush of city living. Allatoona Lake is one of the most frequently visited Corps of Engineers lakes in the nation. Nearly 7 million visitors each year enjoy numerous recreational activities wildlife along the beautiful shoreline.



Park Ranger Jacob Albers uses a tree planter borrowed from the Georgia Forestry Commission to speed the work along of planting river cane along the banks of Allatoona Creek in support of National Public Lands Day. Photo by Stephen Cain, Operations Division.

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Workplace Workshop

How NOT to get that promotion

Did you get turned down for a promotion? For more than one? Ambition alone won't help you get ahead. If you're not advancing as fast as you want, despite your skills, the reason may be that you're making these mistakes that tend to disqualify otherwise talented employees from advancement:

- **Your appearance counts against you.** Like it or not, your wardrobe says a lot about your attitude and professionalism. Even in a casual workplace, a neat and clean appearance will impress the decision makers.
 - **You're seen as anti-social.** Quietly doing your job won't get you noticed. Make a point of talking to people, helping out, and attending company functions so you don't get taken for granted.
 - **You don't grasp the big picture.** Managers promote employees who can contribute to the organization's goals. If you don't know how your job—and the position you want—actively supports the company's strategy, you'll have trouble persuading the higher-ups to trust you with more responsibility.
 - **You don't manage time effectively.** If you miss deadlines regularly, or you're always late, you'll earn a reputation for being disorganized that will hold you back. Learn to master the to-do list and other time management tools so no one can complain that you're not on top of your duties.
-

Plan your workday's start for maximum efficiency

Your first few minutes at work can set the tone for the entire day, so don't waste them. Here are some tips for launching a productive day from the very start:

- **Arrive on time.** Nothing throws you off your game like having to catch up with everyone else. Get the rest you need, and give yourself plenty of time to show up when you need to be there.
 - **Settle in smoothly.** Don't take too much time for this. Spend just a few minutes reviewing your to-do list (updated the night before!) and checking in with your boss and employees. Plan your day, but be ready for interruptions as they arise.
 - **Check messages—briefly.** Don't bother answering every email and phone message you've received since yesterday. Review them quickly, deal with any that require immediate attention, and then move on.
 - **Think.** Your brain is fresh in the morning, so use it to make plans. Review your long-term goals as well as your most urgent tasks for the day, and spend a little time analyzing your priorities so you can put your energy where it will do the most good.
 - **Choose your most important task first.** This may be the task you least want to do, but putting it off will only distract you and drain your energy. Look over your to-do list and pick the job that will have the biggest impact, and take it on while you've got maximum energy.
 - **Plan a break.** Don't push yourself to stay at peak energy all day. Schedule a quick break at some point in the morning so you can double-check your priorities, revise your plans, and get a little rest to prepare for the rest of the day.
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Managers Mentor

Offer a clear, compelling vision to guide your team

Your vision statement should be more than a piece of paper. It should explain what you want to accomplish, how you hope to achieve your goals, and why success is important. To craft a compelling vision statement that really inspires people inside and outside your organization, include these vital elements:

- **Clarity.** Your vision should convey a vivid picture of what the future will look like.
 - **Desirability.** Appeal to the long-term interests of each of your different stakeholder groups: employees, customers, shareholders, vendors, and anyone else who has an interest in your business.
 - **Realism.** The vision has to be feasible. It has to be built on realistic, attainable goals.
 - **Focus.** A vision is useless if it isn't clear enough to provide guidance in the decision-making process.
 - **Flexibility.** Don't confine and restrict your organization's creativity. Your vision should allow for individual initiative and alternative responses in light of changing conditions.
 - **Brevity.** If your vision is six pages long and hard to understand, nobody will read it. You should be able to communicate your vision in five minutes or less.
-

Goals require planning; here's one method that works

When employees share in the setting of their own goals, they're more committed to achieving them. They develop a better sense of self-esteem in addition to sharpening their professional judgment. Follow this four-step process for participative goal setting:

- **Take the lead.** As a manager, you have the main responsibility for identifying performance targets. Start by creating a goal, or list of goals, and then ask your employees to evaluate it and tell you what might be unclear or inaccurate. Listen to the employee's opinions as you revise the goals, and make sure you both know how you'll measure the employee's efforts.
 - **Formalize the plan.** Once you've agreed upon employee goals, write them down so there's no misunderstanding about what you've agreed to. You might have both parties initial the final version. Keep one copy for yourself, and give the employee his or her own for reference and motivation.
 - **Follow up.** Hand the employee responsibility for follow-up by asking him or her to check in with you regularly while working toward goals. Agree on the follow-up intervals at the outset, especially if the employee is entering new territory where his or her skills may not yet be up to par. Write a reminder on your calendar to check in if the employee doesn't come to you with a progress report on the specified date.
 - **Evaluate the process.** Once the goal has been reached, meet with the employee to discuss what worked well and what didn't. Ask for suggestions on how to improve things the next time.
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To Your Health

Protein's Power: Quality over quantity

The protein problem most people face isn't so much about quantity; it's about quality.

When it comes to protein, consider:

- Taste and health (yes, they can coexist) - Grill, broil, roast, or bake lean meats and poultry. Avoid breading, which can add calories and may require oils, which can increase fat.
- Seafood twice a week - Select seafood higher in oils and low in mercury, such as salmon, trout and herring.
- More plant proteins - Try beans and peas (kidney, black, white, or pinto beans; split peas, chickpeas, or hummus); soy products (tofu or veggie burgers); nuts; and seeds. They are naturally high in fiber and low in saturated fat (the kind that can clog your arteries).
- Less sodium - check nutrition labels on packaged or processed protein. Many canned foods - beans and meat - include added salt. Processed foods such as ham, sausage and hot dogs are high in sodium. Even fresh chicken, turkey, and pork may be brined in a salt solution for flavor and tenderness. LESS IS BEST.

A complete chicken dinner disguised as a salad

- 4 3-oz., boneless, skinless chicken breasts, cooked and sliced into thin strips
- 8 cups of mixed greens (such as packaged salad mixes)
- 2 oranges, cut into 12 wedges each
- 2 cups of fresh strawberries, sliced
- 16 grape tomatoes

Vinaigrette

- 2 tbsp of fat-free mayonnaise • 2 tbsp of honey
- 2 tbsp of balsamic vinegar • 2 tbsp of Dijon mustard
- 1 tbsp of chili powder • 1/2 tbsp of black pepper • 1/4 cup of extra virgin olive oil

In a blender, combine all vinaigrette ingredients except oil. Blend for 1 minute. Add oil. Blend.

Serves 4: Place 2 cups of mixed greens on each plate. Top with 4 tomatoes, 1 sliced chicken breast, 6 orange wedges, and 1/2 cup of sliced strawberries. Drizzle with vinaigrette.

Per serving: 344 calories, 16 g fat (2.3 g saturated fat), 50 mg cholesterol, 261 mg sodium, 30 g carbohydrates, 23 g protein

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Briefs

Groundhog Day, Feb. 2. Will the groundhog see his shadow? Is winter almost over?

Abraham Lincoln's Birthday, Feb. 12. Birthday of the 16th president of the United States, born 1809 in a log cabin in Kentucky.

Valentine's Day, Feb. 14. Show the people you love how much you care for them, with cards, flowers, and kindness.

George Washington's Birthday, Feb. 22. The hero of the American Revolution and the first president of the United States - George Washington was born this day in 1732. Celebrated on the third Monday in February as Presidents Day.

National Entrepreneurship Week, Feb. 16-23. Entrepreneurship and small business are part of a dynamic, growing economy. National Entrepreneurship Week is sponsored by the Consortium for Entrepreneurship Education, which believes that entrepreneurs are not born, but made, through the experiences of their lives.

National Engineers Week, Feb. 17-23. Engineers Week celebrates the positive contributions engineers make to society, and it offers an opportunity for outreach across the country to children and adults alike.

American Heart Month. Heart disease kills approximately 630,000 Americans each year and is the leading cause of death for both men and women. February has been celebrated as American Heart Month since 1963 to urge Americans to live a healthy lifestyle and join the battle against heart disease.

Black History Month. Marking the February birthdays of Frederick Douglass and Abraham Lincoln, Black History Month remembers the struggles and contributions of African-Americans. This year marks key anniversaries of the Emancipation Proclamation (Jan. 1, 1863) and the March on Washington for civil rights (Aug. 28, 1963).

Responsible Pet Owners Month. Taking good care of your pets is a year-round labor of love. Remember to spay or neuter your pet to prevent overpopulation, visit the veterinarian regularly, give your pet plenty of exercise, and offer your pet the kind of unconditional love he or she gives you.

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