

# The Downtown Informer

## U.S. Courthouse Opens in Cape Girardeau

The Rush Hudson Limbaugh Sr. United States Courthouse officially opened to visitors and tenants on June 2.



The courthouse is situated on a three-acre site and rests on 170 concrete piers, which are socketed into solid bedrock at depths up to 65 feet; making the building able to withstand significant seismic events.

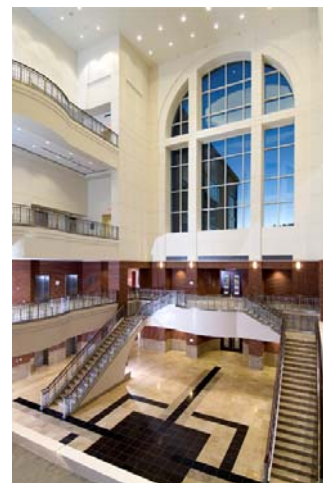
The new building provides over three times the amount of space the courts and other federal agencies had at the old courthouse on Broadway. There are three courtrooms that can conduct hearings simultaneously, compared to only one courtroom at the old courthouse.

Other amenities of the building include significant technological upgrades, such as a panel to control the blinds, speakers and security cameras from the judge's bench. A judge can also watch a running transcript of testimony, as recorded by the courtroom stenographer.



The main entry glass atrium towers the entire four stories and boasts indigenous limestone flooring rich in fossil relics complemented with a black granite pattern. Twin monumental staircases have patterned railings with cherry wood finishes.

On opening day, Judge Stephen N. Limbaugh Sr., the building namesake's son, presided over the first court hearing. Limbaugh stated how pleased he was with the courthouse and that his father would have been amazed



at the building, yet humbled that it was named after him.

Photo courtesy: Peter Wilson Photography ©2007

Rush Hudson Limbaugh Sr. was a well-known and respected member of the Cape Girardeau community. Limbaugh attended college at the Normal School, now Southeast Missouri State University and received his legal training at the University of Missouri—Columbia. He practiced law for nearly 80 years until his death in 1996 at the age of 104. At the time, he was the nation's oldest practicing lawyer.

In addition to his law practice, Limbaugh devoted countless hours to civic, church and charitable causes. He served in the Missouri House of Representatives in 1931-1932 and was also appointed by President Dwight D. Eisenhower to serve in India as a representative of the U.S. State Department.

### *Courthouse Specs and Stats:*

- Design: Fentress Bradburn Architects, Denver, Colorado.
- 173,392 gross square feet.
- Planning began in May 2002.
- Groundbreaking in January 2004.
- Tenant Occupancy in May 2008.
- Estimated cost: \$62 million.
- Designed to be LEED® certified by the U.S. Green Building Council. Green features include:
  - Sustainable Design Features: Reduced site disturbance, erosion and sedimentation control, alternative transportation accommodations
  - Water Efficiency: Water efficient landscaping, water use reduction
  - Materials & Resources: 10% recycled content used in construction, 20% locally-manufactured materials
  - Indoor Environmental Quality: Low emitting materials, permanent monitoring for thermal comfort

---

### *Also in this Issue:*

From the Director's Desk	Page 2
What's in a Name—RAY Building	Page 2
RAY Building Projects	Page 3
New Water Pump Installed at RAY	Page 3
RAY Maintenance Crew Reorganizes	Page 4
Can Existing Buildings "Go Green?"	Page 4
Eagleton Courthouse Projects	Page 5
Judicial Learning Center Exhibit	Page 5
Farewell to Abram Building	Page 6
Eagle's Nest Café New Manager	Page 6
Arbor Day at RAY	Page 7
RAY Child Care Center Accreditation	Page 7
New GSA Associates	Page 8

## From the Director's Desk

by: *Charlie Meyer, St. Louis East Field Office Director*



June 2008 marks the completion of construction and beginning of occupancy for the Rush Hudson Limbaugh Sr. U.S. Courthouse in Cape Girardeau, Mo. Although there were considerable challenges during the construction of this facility, GSA and its customers can be proud of the finished courthouse. GSA acknowledges that the quality and functionality of the courthouse could not have been achieved without the support and assistance of the building tenants. These agencies were huge contributors during both the design and construction phases! The St. Louis East Field Office looks forward to providing the same high level of customer service at the Limbaugh Courthouse as we currently provide at the Thomas F. Eagleton Courthouse. GSA plans on disposing of the old Cape Girardeau courthouse on Broadway once it is totally vacated, disposal studies are complete and the appropriate approvals received.

One featured article in this newsletter is about the L. Douglas Abram Building located at 1520 Market Street in St. Louis. GSA sold the building to the city of St. Louis but has retained it as a lease for the U.S. Department of Agriculture. USDA will complete its relocation from 1520 Market to the Federal Center at 4300 Goodfellow in June 2008, at which time GSA will terminate its lease with the city. It's a bittersweet moment for many who have become endeared to the uniqueness of this facility. It has served the federal government well!

No major changes in lease occupancies, other than 1520 Market, have occurred since the last newsletter in December. The Field Office continues to manage approximately 80 leases in eastern Missouri. In December 2008, we expect to relocate the Occupational Safety & Health Administration from a GSA lease to the Robert A. Young Federal Building.

Several agencies are expanding in the Robert A. Young Federal Building this year to include Citizenship & Immigration Services and Immigration and Customs Enforcement—Detention Removal Office. GSA is also scheduled to begin working with the courts later this year for the design of the 8<sup>th</sup> floor judges' chambers at Eagleton. Construction of the additional chambers is planned for completion in late 2009.

Energy consumption continues to be a prime concern for our office. Our office holds monthly meetings to discuss trends in consumption and new approaches to conservation. We are constantly tweaking our energy control systems in an attempt to reduce consumption without impacting our customers. We ask each of you to do your part by taking advantage of every opportunity to conserve. This applies to all GSA-managed facilities: federally-owned and leased. The President's Executive Order on energy conservation is becoming more pronounced each day in our operations. Although I'm sure there will be some inconveniences along the way, I'm confident in our ability to achieve conservation goals with minimal impact to our customers.

## What's in a Name?

by: *Jill Paulsen, PBS Communications Specialist*

The Robert A. Young Federal Building, also known as the RAY building, stands 20 stories tall in St. Louis. Built in 1931, the building was originally a warehouse for the Terminal Railroad Association of St. Louis before the federal government acquired it in 1941. It was renamed the Robert A. Young Federal Building in 1988. It is eligible for listing on the National Register of Historic Places.

Robert A. Young III was a Democratic politician from the state of Missouri who served five terms in the U.S. House of Representatives. He was the oldest child of nine and was educated in parochial schools in St. Louis County. Young was a union pipefitter by trade, a member of Pipefitters and Plumbers Local Union, until his election to Congress in 1976.

He served in the U.S. Army from February 1943 to November 1945. Young's long political career began in 1952 with his election as Democratic Committeeman for Airport Township in St. Louis County, an office he held until 1977.

He was elected to the Missouri House of Representatives in 1956 and served there for six years. In 1962, he was elected to the Missouri State Senate, and served for 14 years.

In 1976, Young was elected to the United States House of Representatives representing the Second Congressional District of Missouri. He served five terms until he was defeated in 1986. Young was a strong proponent of public works projects to benefit his district and the state of Missouri.

In 1981, The St. Louis Construction News and Review and Pride, Inc. named Young "Construction Industry Man of the Year." The main projects he supported were landscaping the Gateway Arch, renovating the Old Post Office, creating the light-rail mass transit MetroLink system, constructing the Thomas F. Eagleton Federal Courthouse and expansion of the Lambert Airport.



## RAY Building Projects

*by: Tom Yochim, Senior Building Manager, RAY Building*

**FY08 to Date:** A new cooling tower and chiller have been installed as part of the glycol project. All work associated with this project is complete. Our customers now have the opportunity to connect to our new chilled water system. This will allow for more efficient cooling in computer rooms for those that would like to connect to it. If you would like an estimated cost to connect to the new chilled water system, please contact GSA.

The 13<sup>th</sup> Street south exterior doors have been replaced with new automatic doors similar to the 13<sup>th</sup> Street north doors. This was a much needed improvement to prevent cold air from entering the cafeteria and freight elevator hallway during the winter. Between this project and the cold air project, we look forward to an improved working environment during the winter.

**FY08 Upcoming Projects:** The parapet wall project has been awarded. This project consists of tuck pointing the exterior masonry wall above the 10<sup>th</sup> floor. Currently, we have water infiltrating the building through the parapet walls and under the new roof. We will be repairing all the parapet walls on the roof and the tower section of the building, and will also work on the terra cotta. This will preserve the RAY Building and keep it eligible for the historic register.

We have solicited for a new Security Access Control system to replace our existing system. Assuming reasonable bids are received, we will award soon. The new system will be compliant with Homeland Security Presidential Directive (HSPD)-12. The current system has reached the end of its lifecycle. Replacement of card readers and badges will be addressed at a future date.

**Projected Future Projects:** Next fiscal year, assuming funds are available, GSA will be completing a common space upgrade project. Carpeting will be installed in the corridors along with new paint and lighting. The vending area will become a convenience center with new lights, carpet and tile. Existing furniture in the vending and waiting areas outside the conference rooms will be replaced as part of this project.

As mentioned in the tenant meeting, a cafeteria renovation is scheduled to occur dependent on funding availability. Plans include renovating the serving area and the dish room. The designs are complete and we anticipate funding in 2010. We hoped to accomplish this earlier, but other projects have taken priority.

A Heating Ventilating and Air Conditioning controls project has also been designed. This will provide better control of all the heating and cooling in the RAY Building. However, funding availability for the construction of this project has not been determined.

An exterior wall project will repair exterior walls on floors 1-9. Currently, the tuck pointing is getting weak and needs repair. This project will be an ongoing project, due to its size, that will ensure we keep all water out of the RAY Building in order to maintain the facility as a great asset for our tenants. We will be completing it in phases, one wall at a time.

We also have some new tenants coming to the RAY Building. By the end of this calendar year, we should have Department of Homeland Security, Citizenship Immigration Services expanding on the 2<sup>nd</sup> floor. Department of Labor, Occupational Safety and Health Administration will be moving to the 9<sup>th</sup> floor. In early FY09, we will also be expanding the Department of Homeland Security, Immigration Customs Enforcement-Detention Removal Office. Join me in welcoming our new customers to the RAY Building.

---

## GSA Installs New Domestic Water Pumping Station at RAY

*by: Rick Stewart, GSA Project Manager*



GSA recently replaced the domestic water pumping station at the RAY Building. The original pumping station was installed during the building renovation in 1987-1990. It was a constant speed motor system that used regulators and a combination of pumps to maintain water pressure to the building above the third floor. The system's water pressure varied over a wide range and the pumping station required frequent repairs.

The new pumping station is manufactured by Grundfos and is capable of pumping 633 gallons per minute at 100 p.s.i. The pumps are vertical multi-stage centrifugal design. By using frequency drives, the pumps maintain a narrow range for system pressure, which reduces wide swings in system water pressure. The frequency drives allow for soft start and provide significant energy savings.

The pumping system consists of three vertically mounted pumps and typically only one pump is required to maintain system pressure. The six inch suction and discharge manifolds are made of stainless steel. The pump shaft seal can be replaced without disassembling the pump. In the event of a system failure, the pumping station is connected to the building automation system and a text message is sent via modem to Fedserv cell phones.

The new station is a state of the art system that provides significant energy savings, reduced maintenance and better performance.

## RAY Federal Building Maintenance Crew Reorganizes

by: Lori Spiegel, Building Management Specialist



The Robert A. Young Federal Building has a new mechanical maintenance contract manager, Rick Grantham. Grantham began his career at FedServ in August 2003 after 33 years of federal service at GSA and was promoted to contract manager in May 2008. Previously, Allan Hamlett held this position, but left to join his family in Kentucky. Rick joined GSA in 1970 as a file clerk and then became an electrician in 1983. He has an Environmental Protection Agency universal certification, completed the electrical program at Ranken Technical College, and holds an associate's degree in business administration from St. Louis Community College. He resides in Overland, Mo. with his wife and has three children and three grandchildren. When Rick is not working, he is enjoying his favorite hobby—archery. He shoots in a year-round traditional league and even makes his own bows.

Don Peterson serves as the new maintenance supervisor, a position that Grantham held until his promotion to contract manager. Don was hired at FedServ five years ago as a maintenance mechanic after he retired from 21 years of federal service with GSA. His government service began in the United States Marine Corps where he was a supply sergeant for 11 years. After he got out of the service, Don spent 12 years at Combustion Engineering. In all, he has 31 years of government service. He attended Ranken Technical College and holds a mechanics, carpentry, and EPA universal certification. Don has been married for 45 years and has two children and four grandchildren. He and his wife reside in South County. When he is not at work, Don enjoys fishing.

The newest member of the team, David Francis, started at FedServ one year ago as an air conditioning technician. Prior to FedServ, he worked at McDonnell Douglas for 25 years as a maintenance electrician and also at the St. Louis Arsenal for four years as a HVAC mechanic. David has an EPA universal certification and an associate's degree in HVAC from Ranken Technical College. He and his wife reside in Belleville, Ill., and have six children and nine grandchildren. David likes to fish during his off time.

All three FedServ employees are Vietnam Veterans. Don and David were both in Vietnam in 1967, Don was a supply sergeant and David was an airborne operations specialist. Rick was drafted in 1969 and served two years in the Army. He became a decorated combat veteran during his tour with the 173<sup>rd</sup> Airborne. While in the Marines, Don served a tour in Okinawa. David spent nearly 38 years serving his country in the United States Air Force; almost eight years on active duty and 30 years in the Reserves. In 1990, David participated in Operation Desert Storm, alongside four of his children. He retired from the Reserves two years ago.

According to Grantham, customer service is FedServ's primary focus. "We strive to provide superior and professional customer service to our tenant agencies here in the RAY Federal Building," said Rick. "This, in turn, makes the tenant's job easier by allowing them to focus on their work while we focus on serving the customer and building maintenance needs."

## Can Existing Buildings "Go Green?"

by: Jeff Burke, GSA Facility Operations Specialist



In today's energy conscious world "green" has taken on a new meaning and, when applied to buildings, is based on a commitment to conserve resources. A "green building" is a building designed, constructed and operated to minimize the total impact to the environment.

Green buildings save money, increase tenant comfort, and create healthier environments for people to work. What is your role? You simply make the decision to reduce energy consumption and recycle. Find out how to utilize your personal computer's screensaver, standby and hibernate functions, thus extending computer life and saving electricity when you are away from your desk. Print documents only when necessary and, when no longer needed, recycle them. At the end of the day, be sure to turn off task lighting, unplug your small electronics' power adapters and turn out the office lights. The efforts you make to do these tasks may seem small but the cumulative effect is enormous.

The U.S. Green Building Council's Leadership in Energy and Environmental Design for Existing Buildings rating system provides a checklist of opportunities to make a building's operations and maintenance greener. It also provides the basis for assessing how a building is performing, identifies what green strategies can be practically implemented, and can lead to a Silver, Gold, or Platinum certification from the USGBC. Whether choosing less toxic chemicals for cleaning or purchasing higher efficiency light fixtures and bulbs during renovation/new construction, LEED-EB offers a road map to make the choices necessary to improve indoor air quality, maximize mandated energy reductions, and increase thermal comfort. With a focused effort, your participation can save taxpayer dollars and benefit all of RAY's tenants each and every day. For more information, please visit: [www.usgbc.org/leed](http://www.usgbc.org/leed).

## Eagleton Courthouse Projects

by: Kris Hundsdorfer, Senior Building Manager, Eagleton Courthouse



Summertime has arrived eliciting a renewed appreciation of natural resources and invigorating the commitment to clean air and energy conservation. With this thought in mind, GSA modified the lighting control system at the Thomas F. Eagleton U.S. Courthouse to automatically sweep the lights off at the end of each business day, or when the custodial staff has completed the daily cleaning tasks in the evening. As an energy conservation measure, the aesthetic lighting around the roof and in the park will shut off at midnight. GSA is exploring avenues that will expand the existing automated lighting system to incorporate the courtrooms and public restrooms. Encompassing these areas within the programmable system will minimize energy usage.

One major project planned for this year consists of designing additional judges' chambers on the 8<sup>th</sup> floor. Current space limitations necessitate the need for two U.S. District Court chambers. Construction of this project is slated for completion in December 2009.

Several different sign styles are currently on display throughout the entrance lobby and the 1<sup>st</sup> floor. To provide continuity in layout and assist the public with directional signage, new signs will be displayed on the guards' desk, illuminated directional board, in the Judicial Learning Center, cafeteria and stairwells. The design package is complete and contractor proposals are being solicited.

A recommendation was made, as part of a safety audit, to install fire dampers in the south side electrical closets. The 100% design package was recently received and will soon be marketed to contractors for proposals.

GSA is in the process of designing, soliciting and constructing agency-funded projects. The projects include the installation of carpet tile, soundproofing, a glycol package unit, electrical modifications and office space painting.

Depending on funding availability in FY09, GSA will improve the roof anchoring system and davits for window washing and modify restrictive windows for roof access.

If you have any questions about the construction projects or content in the article above, please feel free to contact GSA.

## Forever Free: Abraham Lincoln's Journey to Emancipation

by: Laura Dreon, Management Support Deputy, United States District Court



*Forever Free* is a traveling panel exhibit that re-examines President Lincoln's efforts toward the abolition of slavery during the Civil War. Organized by the Huntington Library, San Marino, Calif., and the Gilder Lehrman Institute of American History, New York City, in cooperation with the American Library Association Public Programs office, the exhibit draws on the latest scholarship in the field.

The exhibit was made possible by major grants from the National Endowment for the Humanities, promoting excellence in the humanities, and the Abraham Lincoln Bicentennial Commission, created by Congress and charged with planning the national celebration of Lincoln's 200th birthday.

The six panels contain period photographs and illustrative material, such as lithographs, engravings, cartoons, and political ephemera. The sections focus on young Lincoln's America, the war for the Union, the Emancipation Proclamation, the role of black soldiers in the Civil War, the final months of the Civil War, and Lincoln's life.

Abraham Lincoln is known as the "Great Emancipator" for freeing slaves in 1863. Lincoln hated slavery, but began his journey to Emancipation as a cautious moderate who was willing to allow slavery to continue if it would help preserve the Union. When this approach failed, he determined that freeing the slaves immediately was a necessity. The Emancipation Proclamation, issued January 1, 1863, was the result.

The Emancipation Proclamation settled the indeterminate legal status of tens of thousands of runaway slaves, declared all enslaved people free and allowed blacks to enlist in the Union army. The strength and courage of the black volunteers helped change the public's views about the character and abilities of an entire race. Nearly 40,000 black soldiers gave their lives for the Union cause.

The Judicial Learning Center invites you to explore Lincoln's change of mind at the exhibition *Forever Free: Abraham Lincoln's Journey to Emancipation*. This exhibit will be on display at the Eagleton Courthouse May 1, 2008 through November 1, 2008.

## GSA Bids Farewell to Abram Building

by: Nancy Todd, Building Manager

It is time to say a final farewell to the General Services Administration leased building at 1520 Market Street. This building was built in 1961 and has 331,992 square feet with four floors, a basement which is used for parking purposes and a sub-basement which houses the building's mechanical equipment. It has had many tenants over the years including the Department of Veterans Affairs, the FBI, the U.S. Army (medical group), Rural Development, the GSA Field Office, as well as, a number of other important tenants.

The 1520 Market Street Federal Building was later renamed the L. Douglas Abram Building. L. Douglas Abram was the first St. Louis FBI Field Office Special Agent to be killed in the line of duty. Abram, a member of the SWAT Team, was killed during the execution of a search warrant in a bank robbery investigation on January 19, 1990.



Due to an expanding staff/mission and other circumstances, several agencies moved from the L. Douglas Abram Federal Building into build-to-suit leases or to other federal buildings. The VA moved into a build-to-suit lease in 1994 at 400 S. 18<sup>th</sup> Street in St. Louis. GSA then merged field office operations from 1520 Market Street into the Robert A. Young Federal Building in 1995 at 1222 Spruce Street and the FBI moved into a build-to-suit lease in 1998 at 2222 Market Street in St. Louis.

In September of 2006, the L. Douglas Abram Federal Building was sold to the city of St. Louis. The sale was a result of tenant relocations. GSA is now working on the relocation of United States Department of Agriculture Rural Development office from 1520 Market Street into the Federal Center located at 4300 Goodfellow. Expected move completion is mid-June 2008.

For many of the GSA staff, the L. Douglas Abram Federal Building seems like a part of us, as we had our office, mechanical and janitorial employees there for over 30 years. Even when it became a lease, we still had a presence in that building as we still attended meetings and checked on contractors' work. Now, with the last USDA move slated for mid-June and with all the space officially turned over to the city of St. Louis, we look back and bid a fond farewell.

## Eagleton's Eagle's Nest Café Welcomes New Manager

by: Carla Henderson, Manager, Eagle's Nest Café

The Eagle's Nest Café is under new management. Carla Henderson, a St. Louis area native, is the new manager at the café and welcomes the opportunity to serve the tenants of the Eagleton U.S. Courthouse. Carla has a degree in human services and has undergone a significant amount of training before becoming the café's new manager.

Carla discovered the Lions Business Opportunities for the Missouri Blind program, which allows legally blind individuals to work in government-owned facilities in the convenience stores and cafeterias. Like Carla, those individuals go through a strenuous training program before becoming facility managers.

The Eagle's Nest Café offers delicious sandwiches, salads and special entrees for purchase. They also offer catering for events outside of the Eagleton building. You can contact the Eagle's Nest Café by calling 314-539-6762.

## St. Louis East Field Office Contact Information

Thank you for picking up the latest edition of the Downtown Informer. This newsletter is your premier source of information regarding building projects, events and stories that impact your workplace. If you have any comments or suggestions regarding our newsletter, please feel free to contact GSA PBS. You may also read this newsletter online at: [www.gsa.gov/stlouisfo](http://www.gsa.gov/stlouisfo).

**Public Buildings Service** 314-539-7305

### **RAY BUILDING**

True Blue (custodial) 314-621-3045

FedServ (mechanical) 314-621-8205

### **HANNIBAL COURTHOUSE**

Learning Opportunities (custodial) 573-406-7583

Commercial Ag & Electric (mechanical) 573-795-2298

**Federal Acquisition Service** 314-539-3491

### **EAGLETON COURTHOUSE**

ATI-TAI (custodial) 314-588-9710

LB&B (mechanical) 314-621-2525

### **LIMBAUGH COURTHOUSE**

VIP Industries (custodial) 573-225-6621

Wilson 5 (mechanical) 573-335-9997

## Arbor Day at RAY

by: Mel Chouinard, RAY Facility Operations Specialist

On Tuesday, April 29, 2008, the children of Rainbow Castle Child Development Center celebrated Arbor Day by planting a Runyan Yew at the Robert A. Young Federal Building. This new plant is located on Tucker Boulevard at Spruce Street.



"Rainbow Castle's focus for April was 'Caring for the Earth.' On Arbor Day, our Pre-K class planted a globe yew bush in front of the Robert A. Young Building to contribute our part to the betterment of the community. Our goal was to foster positive attitudes toward the environment. We help the children to develop an appreciation for the environment by helping them realize the importance of land, air, and water. Finally, the children utilized their problem-solving skills in developing practical solutions to environmental concerns. Thanks to everyone who helped make this project possible! The kids learned a lot about caring for the earth because of you," said Adrienne Robison, Rainbow Castle's Director.

Arbor Day is a nationally-celebrated observance that encourages tree planting and care. Founded by J. Sterling Morton in Nebraska in 1872, National Arbor Day is celebrated each year on the last Friday in April. Additional information may be found on line at <http://www.arborday.org>.

## RAY Child Care Center Holds Highest Childhood Program Accreditation

by: Lori Spiegel, Building Management Specialist

The Robert A. Young Federal Building child care center, Rainbow Castle, received a National Association for Education of Young Children reaccreditation for its facility on March 31, 2008. NAEYC is the largest and most widely recognized accreditation system for all types of early childhood programs and centers. Representing the mark of quality in early childhood education, NAEYC was first established in 1985 to set professional standards for early childhood education programs and to help families identify high-quality programs.

To gain this accreditation, Rainbow Castle completed a comprehensive process which met 10 early childhood program standards. Those standards include promoting positive relationships, implementing a wide curriculum, using effective teaching approaches, providing ongoing assessments, promoting nutrition and health, utilizing qualified teaching staff, establishing relationships with families, establishing relationships with the community, providing a safe and healthy physical environment, and implementing strong program management policies.

Adrienne Robison, the Rainbow Castle's director since 1991, believes that the standards were already set in place at the center. "We strive to create a warm, loving environment that feels like a family," said Adrienne.

The NAEYC accreditation is valid for five years, until March 2013, and is Rainbow Castle's second accreditation. The center is one of three that are operated by Child Care Connections in St. Louis. The other two centers are Uncle Sam's Kids, located at the Federal Center, 4300 Goodfellow Boulevard and Just U.S. Kids located at Federal Records Center, 9700 Page Boulevard. Those two centers, as well as all GSA child care centers are NAEYC accredited.

The Rainbow Castle Child Care Center has an infant/toddler program, two-year old program and a preschool program. Its hours of operation for infants and children three months to five years are 6:00 a.m.-6:00 p.m. There is also an after school program for children up to 10 years old.



The center is currently running at full capacity and cares for 70 children, with slightly more than half whose parents are federal employees. The remainder are children of contractors in the RAY building or whose parents work in downtown St. Louis. Individuals may be placed on the waiting list until September, but federal government employees receive first priority.

## New GSA Associates



Shirley Balkenbush comes to GSA after a 22-year break in Federal service. During her break in service, Shirley raised two children, worked part-time in payroll and accounting, and managed her own voicemail business, the Sports Update. Her federal experience started with GSA at the Military Records Center. She also worked for the Small Business Administration, Farmers Home Administration and the Department of Agriculture—Office of the Inspector General. Shirley and her husband David enjoy traveling and riding their motorcycles. They live in the St. Charles area. They have a son, Jeramie, who lives in the St. Charles area, and a daughter, Holly, who attends Hannibal LaGrange College.



Matt Hemann joins the RAY Building staff as a Facility Operations Specialist. He has 17 years experience with the military and the federal government. Hemann recently transferred from Minot, N.D., working out of the Air National guard's Civil Engineering Technical Support Center. He has worked with nearly all of the 105 Air National Guard bases in the United States.

Matt and his wife Traci have two sons, Zach and Josh. Matt enjoys hunting, fishing and riding four-wheelers. He also enjoys watching his sons play soccer, run in track meets and play golf. Hemann is looking forward to making new friends and tackling all new challenges that lie ahead.



Cheryl Six joined GSA on April 28, coming from the Army Defense Ammunition Center in McAlester, Okla. Prior to that, she worked as an accountant in the private sector for eight years while residing in Washington, Mo.

Cheryl and her husband Mel are Illinois natives from Moline and graduates of Southern Illinois University-Carbondale. Cheryl looks forward to her new responsibilities as a Budget Analyst with the St. Louis Field Office.



Lori Spiegel is a new building management specialist for the Robert A. Young Federal Building. Prior to transferring to Region 6, she worked for GSA at the National Capital Region in Washington, DC, in the Office of the Regional Administrator as a staff specialist. Lori has also worked for the Defense Distribution Center as a public affairs specialist and for the U.S. Army Logistics Transformation Agency as an assistant executive officer in New Cumberland, Penn.

Prior to her federal service, she worked at UPS in its district office as a communications specialist in Harrisburg, Penn. Lori has a Bachelor's of Science Degree in Business Administration, Master's Degree in Business Administration and a multimedia certificate. She is also a veteran, having served four years in the United States Navy as an Intelligence Specialist. Lori resides in St. Charles and is raising her two teenage boys, Brandon and Britton.

## How You Can "Go Green" at Home and Work

- Use fluorescent light bulbs instead of standard incandescent bulbs—you'll use 70% less energy!
- Turn off lights when you leave a room or office.
- Close off vents in unused rooms in your home and use a programmable thermostat.
- Unplug, don't just turn off, electronic equipment and electronics chargers when not in use.
- Use low-flow toilets and showerheads.
- Clean your dryer's lint trap after every use.
- Use a coffee mug and refillable bottle instead of disposable cups and water bottles.
- Avoid screensavers: put your computer in "sleep" or "stand-by" mode.
- Carpool, bike or take public transportation.
- Print double-sided to use less paper.

