



US Army Corps
of Engineers®
Nashville District

DistrictDigest

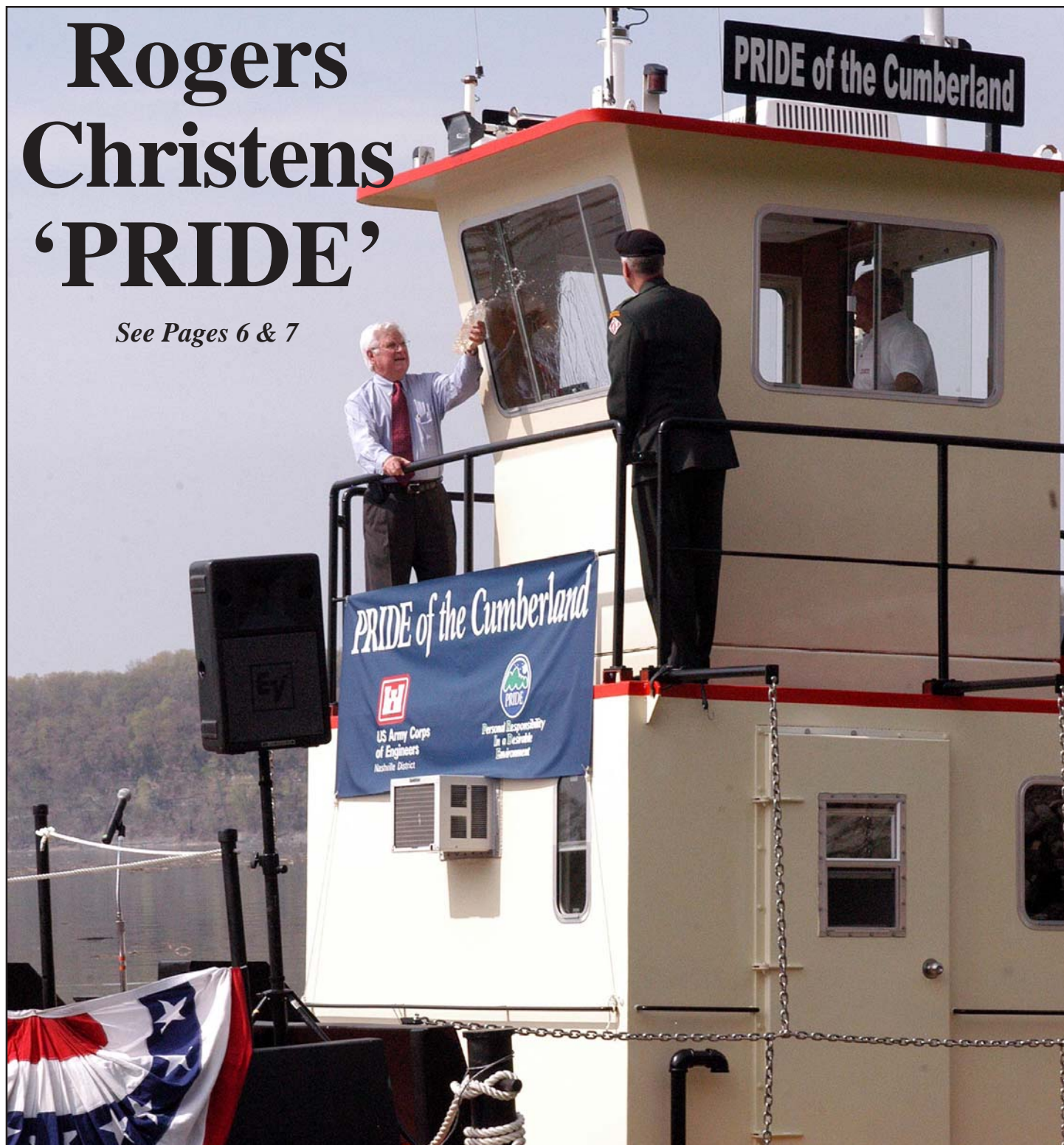
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Rogers Christens 'PRIDE'

See Pages 6 & 7



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photo by Dave Treadway

On the Cover

Congressman Hal Rogers, (Ky-5th) pours water from Lake Cumberland on the PRIDE of The Cumberland, a vessel designed specifically for removing trash and floating debris from the surface and shoreline of the lake. For complete details, see pages 6 and 7.

District Digest

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Information about the Nashville District may also be found on the District's homepage at: <http://www.lrn.usace.army.mil>.

Lieutenant Colonel Byron Jorns From Where I Sit



Folks . . . I recently returned from the LRD Commander's Council in Cincinnati. A variety of issues regarding the division's future were discussed, including: 1) reduce G & A rates of all districts to 17.5%; 2) regionalization of various business lines; and, 3) the FY'06 budget.

BG Berwick asked each district to determine the impacts of operating under a 17.5% G&A rate, beginning with a consolidated effort with our Joint Venture partner Louisville. Nashville District can achieve this goal with few impacts. I believe we can also maintain our current level of training with little or no impact. My intent is to preserve training opportunities as a key component to developing and sustaining a viable workforce.

Communication

Work on regionalization of business lines continues. The metrics and content are still being developed. BG Berwick's intent in this area remains the same: LRD will move towards more interconnectivity and interdependence as every district will give up some functions while providing other capabilities to better serve the region.

Now, the FY'06 Budget. We do not expect clarity to come to the FY'06 budget until sometime this summer. Overall in the Federal Budget, you know that discretionary spending is in a decline. In our case, the President's '06 Budget did not fund our three largest construction projects (Kentucky Lock, Chickamauga Lock, and Section 202). Without those projects, we will be severely challenged to meet the salary requirements of our current workforce. Congress has not yet begun to review the budget, but I think it likely that the budget that is ultimately approved will include additional funds for those projects. However, we need to reshape our workforce in order to adapt to impacts of budget fluctuation. Our organization is about 724 FTE now . . . and we can reasonably afford a 659 FTE workforce. A planned, controlled reshaping plan over the span of about 2 years is my desired

course of action. Nashville District will continue its gradual downward trend in manpower.

As you know, I have asked division for RIF *authority* to better prepare our district for future uncertainties, with a proposed target organization of 659 folks. We have LRD's approval to move toward 659 through natural attrition and incentives over a two-year period. This should be achievable without any need for adverse action. But asking for RIF *authority* allows us to take advantage of other tools by which we can shape our workforce. It is likely that we will not pursue any other areas of the RIF process. However, if we see that House Adds in June (or Senate Adds in July or August) do not look optimistic, we will need to start the "mock" RIF alternatives to ensure we get the plans in place to shape ourselves in accordance with funding limitations.

I still believe that additional dollars will come to Nashville as the budget cycle plays out. If Congressional funding looks like what I anticipate, then this will be a relatively smooth glide path towards our two-year goal. Either way, we will still pursue a balance between anticipated workload and workforce. As always, I will keep you

informed of all activities concerning our workforce in the weeks ahead.

Now a word about safety. Each of us likes to think that car crashes are something that happens to the "other guy".

In reality, we all face risks every time we get in our cars. And that risk is significant. The high number of claims, for example, against one insurance company resulted in 50,500 claims for bodily injury and 389 for death benefits in 1999.

Fortunately, we can improve our odds of avoiding a crash because much is in our control.

To help you stay out of trouble, use the two-second rule when behind another driver. The two-second rule is when you spot an object next to the car in front of you and you count off two-seconds, then you should be next to that object, the minimum distance you should stay behind another car. 🚗

Re-employed Annuitants May Prove to Be Win-win

Section 9902(j) of Public Law 108-136 provides a program whereby an annuitant under either the Civil Service Retirement System (CSRS) or Federal Employees Retirement System (FERS) may be re-employed by the federal government, with certain restrictions.

The hiring of a re-employed annuitant is subject to certain criteria. Employees may be 're-employed annuitants' in positions that are; 1) Hard-to-fill as evidenced by historically high turnover, a severe shortage of candidates or other significant recruiting difficulty; or, 2) Critical to the accomplishment of the organization's mission; or, 3) Needed to complete a specific project or initiative, 4) Candidates have unique or specialized skills, or unusual qualifications not

generally available; or 5) For not more than 2087 hours (e.g., one year full time or two years part time) to mentor less experienced employees and/or to provide continuity during critical organizational transitions. Extensions beyond 2087 hours are not authorized.

A re-employed annuitant serves at the will of the appointing officer and may be separated at any time, regardless of the appointment type.

Employment of annuitants can be beneficial to management. They provide a readily available source of highly qualified candidates, sometimes for "hard-to-fill" positions. In some cases, annuitants are re-employed in the same position they left, thus providing continuity and stability in that operation. In addition, annuitants can be quickly and easily terminated.

Engineer Soldier Earns Medal of Honor

President George W. Bush honored Sgt. 1st Class Paul R. Smith by presenting his family the Medal of Honor for his courageous actions during the Battle of Baghdad Airport on April 4, 2003. Smith became the 14th Engineer to earn the Medal.

“Sergeant Smith’s leadership saved the men in the courtyard,” said President Bush, “and he prevented an enemy attack on the aid station just up the road. His actions in that courtyard saved the lives of more than 100 American soldiers.

“On this day two years ago, Sergeant Smith gave his all for his men. Five days later, Baghdad fell, and the Iraqi people were liberated. And today, we bestow upon Sergeant Smith the first Medal of Honor in the war on terror. He’s also the

People

first to be awarded this new Medal of Honor flag, authorized by the United States Congress. We count ourselves blessed to have soldiers like Sergeant Smith, who put their lives on the line to advance the cause of freedom and protect the American people.”

Smith is the first to receive the military’s highest award for actions in support of Operation Iraqi Freedom. In action near the Baghdad Airport, Smith, a platoon sergeant in Company B, 11th Engineer Battalion, was working with units of the 3rd Infantry Division, to build a compound to hold enemy prisoners. His small force came under attack by more than 100 enemy combatants. Smith threw two grenades and fired rocket launchers at the enemy before manning a .50-caliber machine gun on an M-113 Armored Personnel Carrier to protect his troops. While engaging an enemy attacking from three sides, Smith fired more than 300 rounds from the machinegun before being killed.

He prevented the enemy from overtaking his unit’s position, protected his Task Force’s flank, and defended the lives of more than 100 Soldiers, according to his award citation.

The medal presentation ceremony was held at The White House.

The Medal of Honor is awarded to a person who, while a member of the

Armed Services, who distinguishes himself or herself conspicuously by gallantry and intrepidity at the risk of his or her life above and beyond the call of duty while engaged in action against an enemy of the United States; while engaged in military operations involving conflict with an opposing foreign force; or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party. The deed or act performed must have been one of personal bravery or self-sacrifice so conspicuous as to clearly distinguish the individual above his or her comrades and must have involved the risk of life. Incontestable proof (eyewitness statements) of the performance of the service will be exacted and each recommendation for the award of this decoration will be considered on the standard of extraordinary merit. Smith’s Medal is the 3,460th awarded since President



Sergeant First Class Paul R. Smith in Iraq.

Abraham Lincoln approved the medal on July 12, 1862.

“SFC Paul Smith, a combat engineer with B Company, 11th Engineer Battalion, was posthumously awarded the Medal of Honor on Monday - the second anniversary of his death in support of Operation Iraqi Freedom,” said Chief of Engineers LTG Carl Strock. “It is an honor to share the title ‘engineer’ with this great Soldier who exhibited extraordinary courage.”

On Tuesday night, I was privileged to meet SFC Paul Smith’s family and I expressed my deep pride in him and them. They were deeply appreciative of all the Army has done to honor them as we have honored SFC Smith.

In an unsent letter to his parents, he wrote “it doesn’t matter how I come home because I am prepared to give all that I am to ensure that all my boys make it home.” On April 4, 2003, he did exactly that. At the Baghdad International Airport, he engaged the enemy in a withering firefight from an unprotected position atop an Armored Personnel Carrier. He fired hundreds of ammunition rounds before being killed by enemy fire. His remarkable bravery saved many lives that day.

All Americans can take pride in the heroism of this great Soldier and leader, and the engineer regiment can be especially proud. SFC Smith is the 14th engineer to receive the Medal of Honor. The last engineer to receive the honor was CPL Terry Kawamura, 173d Engineer Company, for his bravery in Vietnam in March 1969.

The Medal of Honor helps to ensure SFC Smith’s service will not be forgotten. His actions and his bravery remind me of another Medal of Honor recipient, General Douglas MacArthur, whose ‘Duty, Honor, Country’ speech in 1962 could have been written about SFC Smith. “In his youth and strength, his love and loyalty he gave, all that mortality can give...he belongs to history.”

I am enormously grateful that our regiment was blessed with SFC Smith. I am equally grateful for you. Today’s regiment embodies courage, loyalty and heart. I could not be prouder of you. Keep up the great work.

ESSAYONS! Carl Strock

Willow Grove Awarded Clean Marina Banner

Story & photos by Dave Treadway

Congressman Bart Gordon presented the first Cumberland River Clean Marina banner to Dale Hollow's Willow Grove Marina in a ceremony March 23.

Marina Owner Darren Shell accepted the flag and then got assistance from his children, 10-year-old Lauren and 5-year-old Blake, to hoist it up the flagpole, earning Willow Grove the right to fly it first in the valley.

The Clean Marina certification culminated a process that proved the concessionaire adheres to a number of practices that will help keep the Lake free of pollutants and preserve the pristine environment along Dale Hollow's shoreline.

Sellers pointed out that such practices, while recognized by the program, are nothing new to Dale Hollow Lake.

"Three decades ago the marina operators on Dale Hollow got together and decided that all of their rental houseboats would have holding tanks for solid waste," recalled Sellers. "It was quite a milestone for a time when being environmentally friendly was not a common occurrence."

He then explained how Willow Grove took the policy one step further.



Margo Farnsworth, Director of the Cumberland River Compact, presented Willow Grove Marina with a sign to help remind customers to not pollute the boot.



Congressman Bart Gordon presents the first Clean Marina banner in the Cumberland Basin March 23 to Darren Shell, owner and operator of Willow Grove Marina.

"More than a decade later, my parents, Larry and Sheryl Shell, and the staff of Willow Grove, decided that all boats doing business with us would do the same . . . another milestone. And over the years, we began finding other



Ten-year-old Lauren and five-year-old Blake help their Dad, Darren Shell, raise the Clean Marina Banner over Willow Grove Marina.


environmentally friendly ways to help preserve the surroundings that we hold dear. . . the wildlife, the trees, the very soil on which we stand, for future generations."

He assured everyone that the staff of Willow Grove does not take lightly their relationship with the Clean Corps of Engineers, as well as the Tennessee Valley Authority, and his friends at the Tennessee Wildlife Resources Agency. "All played a huge part in this achievement. We have challenged one another to find a better way . . . to look at our daily actions, and improve on the way we implement them. I

feel we have all learned a lot along the way.

"We at Willow Grove feel that Dale Hollow is the cleanest and clearest body of water in the south. And hopefully our efforts now, and in the future, will inspire others to take a leading role in environmental preservation."

The second generation Marina owner refused to take sole credit for the achievement.

"Fishermen, boaters, hikers . . . we all own a stitch of this flag. It is with great satisfaction and pride that we accept and fly this flag over Willow Grove Resort." 



District Engineer Lt. Col. Byron Jorns makes a new friend at Willow Grove in 5-year-old Blake Ledbetter.

‘PRIDE of the Cumberland’ Christened to Clean

by Dave Treadway

Congressman Hal Rogers christened the vessel designed to help rid Lake Cumberland of trash and floating debris in a ceremony April 11 under sunny skies.

He ‘christened’ it with a bottle of water directly from the Lake it will now help keep clean for the millions of visitors who enjoy it each year as their favorite vacation spot. “Just as the Lake unites our communities,” said Rogers, “this vessel will be a resource we all share.”

Rogers pointed to the popularity of the lake and all it means to southeastern Kentucky.

Lake Cumberland is ranked fourth in the nation in terms of the number of visitors to Corps of Engineers’ facilities. Corps records show that a record five million people enjoyed waterskiing, bass fishing, and boating on the lake last year. The Corps also estimates that the lake had a \$159 million economic impact on this area in 2004.

“In the four counties that house the body of the lake,” said Rogers, “there are more than 5,000 tourism-related jobs.

“Despite the popularity of Lake Cumberland,” Rogers pointed out, “there is still room for improvement and the two most common complaints about the Lake are wood debris and trash. With 1,255 miles of wooded shoreline, it is inevitable that large amounts of trees and limbs end up in the lake. Floating wood makes navigation hazardous, especially for small, personal watercraft. Along with debris, we’ve also got a trash problem and unlike



photos by Steve Foshee and Dave Treadway

Randell G. Conner, (above) demonstrates how the boom will pluck debris from the water’s surface and deposit it onto the deck of the vessel for processing. Rogers speaks (right) and poses with students from Meece Middle School, who ‘adopted’ Omega Boat Ramp, near Buck Creek, to take responsibility for keeping it clean for recreational visitors.

wood, trash is not naturally occurring – it is a problem of our own making.”

The simple point that Rogers was trying to make is that garbage makes Lake Cumberland less attractive to tourists, retirees and businesses.

“How many fishermen,” Rogers asked, “have decided not to return because they reeled in a tire instead of a big mouth bass? How many families have

chosen a different vacation spot because they don’t want their children swimming among bottles and cans? How many couples have retired to a different lake community, one without dumps spoiling the scenic view?”



Clean Lake



“The *PRIDE of the Cumberland*,” said Rogers, “is the newest tool in our region-wide effort to clean up our lands and waterways and this initiative fits perfectly with the overall mission of PRIDE. The *PRIDE of the Cumberland* will work steadily to remove debris and trash from the water and shorelines, making the lake safer and more enjoyable for everyone. This new vessel will compliment the efforts of thousands of volunteers who are already taking ‘Personal Responsibility’ by caring for the Lake.”

The Congressman then recognized two groups from which many of those volunteers come.

“The ‘Friends of Lake Cumberland’ is a model of civic responsibility,” said Rogers. This nonprofit group formed long before there was a PRIDE initiative. September will mark their 16th Annual Lake Cumberland Cleanup. Each year

more than 600 volunteers participate. Students from Somerset’s Meece Middle School are here today. They are members of the ‘E-Team.’ Last year, this PRIDE Club came up with the ‘Adopt-a-Dock Program.’ The ‘E-Team’ adopted the Omega Boat Ramp, near Buck Creek, and now they clean it regularly.”

He then recognized local governments near the Lake that are helping clean up illegal dumps.

“Just this morning,” announced Rogers, “Wayne County Fiscal Court received a \$152,950 PRIDE SuperGrant to clean a 15-acre dump on Elk Springs Creek, which runs into Beaver Creek. The dump contains several hundred tons of household garbage, tires, and appliances. Russell County Fiscal Court will clean up the smaller Old Rowena dump, on the main body of the lake. Last year, the Russell County Court used an \$85,000 PRIDE

SuperGrant to remove a similar dump on Cub Creek.”

He explained how that the Solid Waste Board and Fiscal Court have cleaned dumps along the Lake’s steep hillsides in Pulaski County, and, with the help of area citizens, continually clean and patrol roads overlooking the lake.

“We’ve learned over the years,” said Rogers, “that citizens and local governments can’t do it all. Lake Cumberland is simply too large and presents too many hazards for an all-volunteer effort.

“So to tackle our problem with debris and trash, we turned to the federal agency that has been a PRIDE partner from the very beginning ... the U.S. Army Corps of Engineers. The Corps has always risen to the challenge and found ways to overcome the obstacles that are too big for local efforts. First, they designed and constructed the trash gate on the Cumberland River to reduce the amount of trash flowing into the Lake. In 2003, I directed \$700,000 in federal funding for the Corps to design and build this vessel to remove trash and debris from the water and shorelines. They’ve done a remarkable job to meet these challenges. Colonel Jorns, I congratulate you and your staff for a job well done.”

The Congressman then ascended to the top of the pilot house and christened the vessel with muddy water from the Lake on which it will float and perform the mission assigned by the U.S. Congress. 🇺🇸



Lake Barkley Fishermen Cut Ribbon

Story and photos by Dave Treadway

The expanded ramp at Old Kuttawa Recreation Area opened March 21 with a ribbon-cutting ceremony attended by nearly 100 local residents, representatives from a number of county, state and federal agencies.

“We are here today to create a great recreational opportunity,” said Michael Pape, representing Congressman Ed Whitfield, “and in the process grow our economy here in our lakes region because we’ve got a one-in-a-kind place. The tourism industry is one of the cleanest industries we can think of and it’s going to provide great economic benefits to this region.”

Lt. Col. Byron Jorns talked about one of the things that made the project possible. Congress and the Senate, explained Jorns, provided the authorization several years ago for the Corps to pursue Challenge Cost Share Agreements, the mechanism without which the ramp expansion would not have been possible.

“This tool,” said Jorns, “allowed local sponsors and the Corps to pursue a partnership to meet mutual goals of greater lake access and more enjoyment

of the area. I’m glad to be a partner in bringing greater access to the lake.”

It was this tool that Jan Crick, as a member of the Lyon County Joint Tourism Commission, used to raise more than \$140,000 to pay for expansion and gain the cooperation of the Kentucky Department of Fish and Wildlife Resources for planning and design work. Her boss with the Commission, Jim Sutor, served as emcee for the morning ceremony and gave her much of the credit.

“This morning we are going to cut the ribbon on a project that began well

Process

over a year ago with an obvious need and a not-so-obvious solution. We had a small ramp, limited parking and a big need. Along came a young lady who created a coalition of partners with strong grass-roots support from fishermen and other lake users, who used the Tourism Commission as her platform, so Jan Crick this is your party!”

The expanded ramp was dedicated to Harold Babb, a man committed to the sport of bass fishing and the Kentucky Bass Federation. A plaque erected near the ramp reads, “His unselfishness in helping others succeed in achieving their goals, while never expecting anything in

return, made him a unique individual and true friend to all of us who knew him.”

Sutor said the expanded ramp created a major impact even before it opened.

“We haven’t cut the ribbon yet, and already this ramp has had an impact on tourism. To date we have already booked 15 fishing tournaments, with more than 100 boats each, for the summer.” He put the value of the expanded ramp into perspective with the fisherman’s motto, ‘Eat, sleep and fish.’

“This ramp allows them to fish here at Lake Barkley but they will eat and sleep uptown, which brings valuable tourism dollars to the area.”

Charles Martin represented the Kentucky Department of Fish and Wildlife Resources, the agency that designed the expansion, one of more than 120 such projects KDFWS has supported to provide sportsmen greater access to the waters of western Kentucky.

Eddie Spraggs brought a letter from Kentucky Governor Ernie Fletcher, which he read to those in attendance.

“The Land Between the Lakes and the Kuttawa area are some of the most beautiful attractions the great Commonwealth has to offer. We are

For full details go to <http://www.lrn.usace.army.mil/pao/digest/>



Michael Pape, (above) representing Cong. Ed Whitfield, is the featured speaker at ceremonies to open the expanded Kuttawa Boat Ramp on Lake Barkley in March. A host of eager fishermen (right) then cut the ribbon. The ramp will host several fishing tournaments this summer.



Event to Honor East Tennessee's Role in World-Events

The 2005 Tennessee Valley Homecoming will honor East Tennessee's history and heritage through its vital role in the world-changing events of the 1930s and 1940s. Tennessee Valley Homecoming, the result of a unique partnership between Knoxville and Oak Ridge, Tennessee, will take place June 16-19. The event explores the area's importance in the sweeping changes brought about by the New Deal, TVA and the Manhattan Project of World War II.

The people of Knoxville and Oak Ridge have a deep, personal connection to the events of this era. Knoxville is home to the Tennessee Valley Authority, whose dams and infrastructure changed not only the landscape of the valley, but also its economy, and played a significant role in the federal government's decision to locate a crucial component of the Manhattan Project in what became the city of Oak Ridge.

This event will honor the lives, sacrifices, and achievements of East Tennesseans and help ensure that subsequent generations remember the personal stories and scientific contributions of the era, beginning with those who lost their homes to the construction of dams and ending with the remarkable technologies that continue to shape our world.

The Museum of Appalachia will kick off the event with a look at life in the valley before the dramatic changes of the Great Depression and the Second World War. Oak Ridge will recognize its unique history with the Thursday night premier of the documentary, "Secret City: The Oak Ridge Story." Knoxville's itinerary gets off to a rousing start on Friday night with a keynote address by decorated war veteran Sen. Bob Dole, followed by a USO-style musical performance and a swing dance on Market Square.

The event itinerary in each city includes storytelling sessions with the people who participated in these world-changing events. Also scheduled: the Smithsonian exhibit "United We Stand:



July 1942;" photography by official Manhattan Project photographer Ed Westcott; a "New Deal Archaeology" exhibit; dedication of the Secret City Commemorative Walk; genealogy seminars; vintage TVA archives and films; first-time-in-history tours of the Beta 3 Calutrons at the Y-12 National Security Complex and a variety of heritage and sightseeing tours and train rides.

Communication

Tennessee Valley Homecoming will also recognize the rich musical heritage of East Tennessee with walking tours detailing Knoxville as the "Cradle of Country Music" and performances by regional musicians. The lineup is an eclectic mix of talented musicians from many genres including rock 'n roll oldies in Oak Ridge with Jan and Dean on Friday and Bill Haley's Comets on Saturday. The music starts in Knoxville with Friday's swing dance and continues into the weekend with Saturday performances celebrating the history of American roots music and Sunday's Battle of the Choirs and Gospel Jubilee.

Tennessee Valley Homecoming will close Sunday with the sunrise Lanterns of Peace ceremony on Knoxville's Volunteer Landing, the unveiling of a Wall of Honor and a service at the historic Chapel on the Hill in Oak Ridge.

Other scheduled events include scrapbooking classes, a Foothills Craft Guild show and sale, historic home tours, an educators' idea exchange, children's activities, a vintage fashion show, Lavender Festival and Reunion Tents for retirees and other groups.

Participating organizations include TVA, the U.S. Department of Energy, the Oak Ridge Secret City Festival, the American Museum of Science and Energy, the East Tennessee Veterans Memorial Association and the East Tennessee Historical Society. The event is being developed and organized by the Knoxville Tourism and Sports Corp. and the Oak Ridge Convention and Visitors Bureau. Join Knoxville and Oak Ridge in this celebration of our unique heritage and remarkable accomplishments.

In Knoxville...

For more information regarding Tennessee Valley Homecoming events, contact:

Knoxville Tourism & Sports Corporation
Attn: Susan Hamilton, Project Manager
301 South Gay Street
Knoxville, TN 37922
865-523-7263 or 800-727-8045

In Oak Ridge...

For more information regarding Tennessee Valley Homecoming events, contact:

Oak Ridge Convention & Visitors Bureau
Attn: Katy Brown
302 South Tulane Avenue
Oak Ridge, TN 37830
865-482-7821
www.secretcityfestival.com
www.manhattanprojectfamilyreunion.com

Historic Homecoming

The Corps Crowd

Congratulations to ...

...Danita Jones, who was selected as chief of Management Analysis Branch in the Resource Management Office.

...Jerry Strother, environmental protection specialist at Cheatham Lake, who will retire May 2 with 31 years of government service. He will be honored Friday, April 29 from 10 a.m. to noon at Cheatham's Tailwater Shelter. We will miss Jerry and wish him all the best in his retirement.

...Nashville District's 2005 nominees for the Middle Tennessee Federal Employee of the Year:

Michael C. Farmer - Outstanding Manager of the Year

Kathy Canaday - Outstanding Secretarial or Administrative Support of the Year

Robert V. Smyth - Outstanding Professional of the Year

Barry P. Moran - Outstanding Scientific of the Year

Mark Hallar - Outstanding Scientific of the Year

David E. Kay - Outstanding Technician of the Year

Winners will be announced and honored at the Federal Employees luncheon May 4 in Nashville.

Baby Brigade to ...

...Andy Dowell on the birth of his son Benjamin Jason on February 24.

Welcome to ...

...Aaron Gillespie, journeyman electrician, who transferred to Old Hickory Power Project from Barkley Power Project.

...Josh Hayden, mechanic to Barkley Power Project on March 7.

...Park Ranger Rebecca Jolly to Cheatham Lake. Old Hickory bids her a fond farewell.

...Park Ranger Crystal Tingle to Old Hickory Lake. Cheatham bids her a fond farewell.

...Tony Crow, who was selected as the new facility manager at Center Hill Lake. Tony comes to Center Hill from the Construction Branch.

...Larry Sutton, who was selected as the new contract representative at Center Hill Lake. Larry previously worked for

the Corps in the Little Rock District and he will be a great asset to the Nashville District.

Sympathy to . . .

...the family of Ben Looney, Lake Cumberland park ranger, whose mother, Lucille V. Looney, age 89, passed away on March 15.

...David Morgan, power project manager at Cordell Hull and Center Hill and acting operations manager for the Mid-Cumberland Area, whose father George E. Morgan, passed away March 14.

...Paul Murry, lock and dam mechanic at Fort Loudoun, whose father Earl Murry, passed away March 16.

...Josh Hayden, Operations Division, on the death of his grandmother Kathryn Hayden on March 28.

...John Keith, electrician 'A' at Center Hill Power Plant, whose father Billy Keith passed away March 30.

...Wayne Huddleston, project manager in Planning, Programs and Project Management Division, whose mother Anna Huddleston passed away March 30.

...Karen Cowan, hydropower office assistant, Center Hill Power Plant, on the death of her close cousin, Ms. Sabrina Williams, on March 7.

...Marvin (Tony) Gray, pilot, Cumberland River Operations Center, Plant Unit, upon the death of his father Obie Gray, a retired lock & dam equipment mechanic supervisor who passed away April 15.

Thank you ...

..."I want to thank my Corps family for all the cards, notes, emails, prayers and other offerings of sympathy during the recent loss of my father. The support from my colleagues has been overwhelming during this difficult time." *Cathy Elliott, Manager, Eastern Regulatory Field Office*

Upcoming Events

April 28, 9 a.m., Room A-640 - Take Our Daughters and Sons to Work Day

June 28 - July 1, Room A-640 - Annual Career Enhancement Workshops

October 12, 10 a.m., Room A-640 - Hispanic Heritage Month Program

A free retirement seminar will be held Wednesday, April 27. There will be a 9 a.m.-11 a.m. session for FERS employees and a 1 p.m.-3 p.m. session for CSRS employees. Both sessions will be held in Cafeteria A.

2005 Engineer Day Picnic Planned June 10

The 2005 Engineer Day Picnic will be held at the Rockland Recreation Area June 10. "The Good Ol' Days" will be the theme this year as hot dogs and hamburgers are served with all the fixin's. Iced-down watermelon will also be on the menu!

The usual array of games for children and adults will be featured so prospective players should polish off those volleyball and horseshoe pitching skills.

Tickets will again be \$3 for adults and \$2 for children, if purchased in advance. After June 6 and on the day of the event, prices will be \$5 and \$3. Call Valerie Carlton at 736-7278, Kristal Jones at 736-7916, or Rosa Jones at 736-7917 to reserve tickets. Advance sales help planners get the proper amount of food.

Lunch will be served at 11 a.m.

Look for more complete details in the next Digest and in forthcoming emails.

SAME Scholarships

The Nashville Post of the Society of American Military Engineers invites high school seniors and current college students pursuing a college education in the fields of engineering, architecture, mathematics, or computer science, to apply for scholarships for the 2005-2006 academic year.

Complete eligibility requirements, selection criteria, and an electronic version of the scholarship application form can be found on the Nashville Post website at www.samenashvillepost.org or you may email William James at william.l.james@lrn02.usace.army.mil. Winners will be notified about June 10. 📧

Report from Iraq: *Police Station Renovated, Opens with Ribbon Cutting Ceremony*

Contributed by Major Bob Pegg

The newly renovated police station in Ali Al Gharbi was dedicated April 14 by members of the Ali Al Gharbi City council, the Iraqi Police Service, the British 1st Welsh Guards Battle Group (1st WGBG) and the USACE Maysan Resident Office (MRO). Foster Awuku and Lanier Drake from the MRO traveled with a British patrol to attend the sign over ceremony.

The Ali Al Gharbi PS Project is a \$94,000 renovation of the existing Police Station. The contractor first turned dirt on February 20 and finished on April 14, 45 days ahead of schedule.



The Chief of the City Counsel cuts the Ribbon April 14 (above) to officially open and dedicate the new police station in Ali Al Gharbi. Officials break ground March 30 for the Anaconda Class VIII Medical Storage and Distribution Facility.



Nashville Contract Specialist J.W. Purcell, reported that local Sulaymaniyah government officials held an Inauguration (ribbon cutting) ceremony at the Sulaymaniyah Recruiting Center on March 30.

The city of Mosul currently has two sewer projects underway. Work consists of upgrading and repairing of the initial trunk lines and pumping stations. Mosul also has five PW-090 projects (water) underway, and three planned for the near future. The work consists of rehabilitating pumping stations and upgrading emergency diesel generator back up power for the pumps. The East Gas Turbine facility (electricity) in Mosul has 10 units with a maximum generating capability of 50 MW daily. This plant is in the midst of being refurbished.

Currently 20 projects are under construction in Samarra, employing a total of 240 Iraqi workers. Coalition forces completed four projects and have **For complete details, go to <http://www.lrn.usace.army.mil/pao/digest/>**

March Employee of the Month

Crystal Tingle, Ranger at Cheatham Lake, Operations Division, has been selected as the Nashville District Employee of the Month for March.

Tingle was recognized for her work in carrying out many responsibilities as a Ranger. In addition to those duties, she also developed a Powerpoint presentation that will be used to facilitate discussions of Project Management Business Processes Courses Seven and Eight.

The Cheatham Ranger was also cited for her organizational abilities and her talent for motivating people by example, both of which reflect her leadership,

dedication and commitment to every task she undertakes.

Senior leaders select the Nashville District employee of the month from the many excellent employees identified by the District's chain of command.

Selected individuals personify the seven Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.



Crystal Tingle

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Just To Be On The Safe Side . . . Heart Attacks

by John Tibbels

Let's talk a bit about heart attacks. More than one million Americans suffer heart attacks each year. A heart attack, or myocardial infarction, is permanent damage to the heart muscle. "Myo" means muscle, "cardial" refers to the heart and "infarction" means death of tissue due to lack of blood supply.

What happens during a heart attack? The heart muscle requires a constant supply of oxygen-rich blood to nourish it. The coronary arteries provide the heart with this critical blood supply. If you have coronary artery disease, those arteries become narrow and blood cannot flow properly. Fatty matter, calcium, proteins and inflammatory cells build up within the arteries to form plaques of different sizes. The plaque deposits are hard on the outside and soft on the inside.

When the plaque's hard, outer shell cracks (plaque rupture), platelets (disc-shaped particles in the blood that aid clotting) comes to the area, and blood clots form around the plaque. If a blood clot totally blocks the artery, the heart muscle becomes "starved" for oxygen. Within a short time, death of heart muscle cells occurs, causing permanent damage. This is called a myocardial infarction (MI), or heart attack.

Healing of the heart muscle begins soon after a heart attack and takes about eight weeks. Just like a skin wound, the heart's wound heals and a scar will form in the damaged area. But, the new scar tissue does not contract or pump as well as healthy heart muscle tissue. So, the heart's pumping ability is lessened after a heart attack.

What are the symptoms of a heart attack? Symptoms include: discomfort, pressure, heaviness, or pain in the chest, arm, or below the breastbone; discomfort radiating to the back, jaw, throat and arm; fullness, indigestion or

choking feeling, (may feel like heartburn); sweating, nausea, vomiting or dizziness; extreme weakness, anxiety or shortness of breath; and rapid or irregular heartbeats.

Quick treatment to open the blocked artery is essential to lessen the amount of damage. At the first signs of a heart attack, call for emergency treatment (usually 911). The best time to treat a heart attack is within one to two hours from the onset of symptoms. Waiting longer than that increases the damage to your heart and reduces your chance of survival.

Editor's Notice to Retirees

The Public Affairs Office needs to hear from Corps retirees so that email addresses maintained to send updates are current.

Public Affairs uses the email list to keep retirees apprised of many activities and recently many of the email addresses on file have proven to be outdated and delivery was rejected.

To ensure your email address is the most current on file, send it, along with your most current postal address, to: **david.s.treadway@us.army.mil**, the editor of the District Digest. We want to

keep you informed about issues that affect you and about issues which may be of interest. This will help us to do so.

These types of updates include, but are not limited to benefits to which retirees may be entitled, meetings designed specifically for retirees, and Corps events such as the Engineer Day activities at Old Hickory's Rockland Recreation Area.

Public Affairs is exploring ways to make distribution of the District Digest quicker and in color. Email addresses are critical to the success of this venture. 📧