



US Army Corps  
of Engineers®  
Nashville District

# DistrictDigest

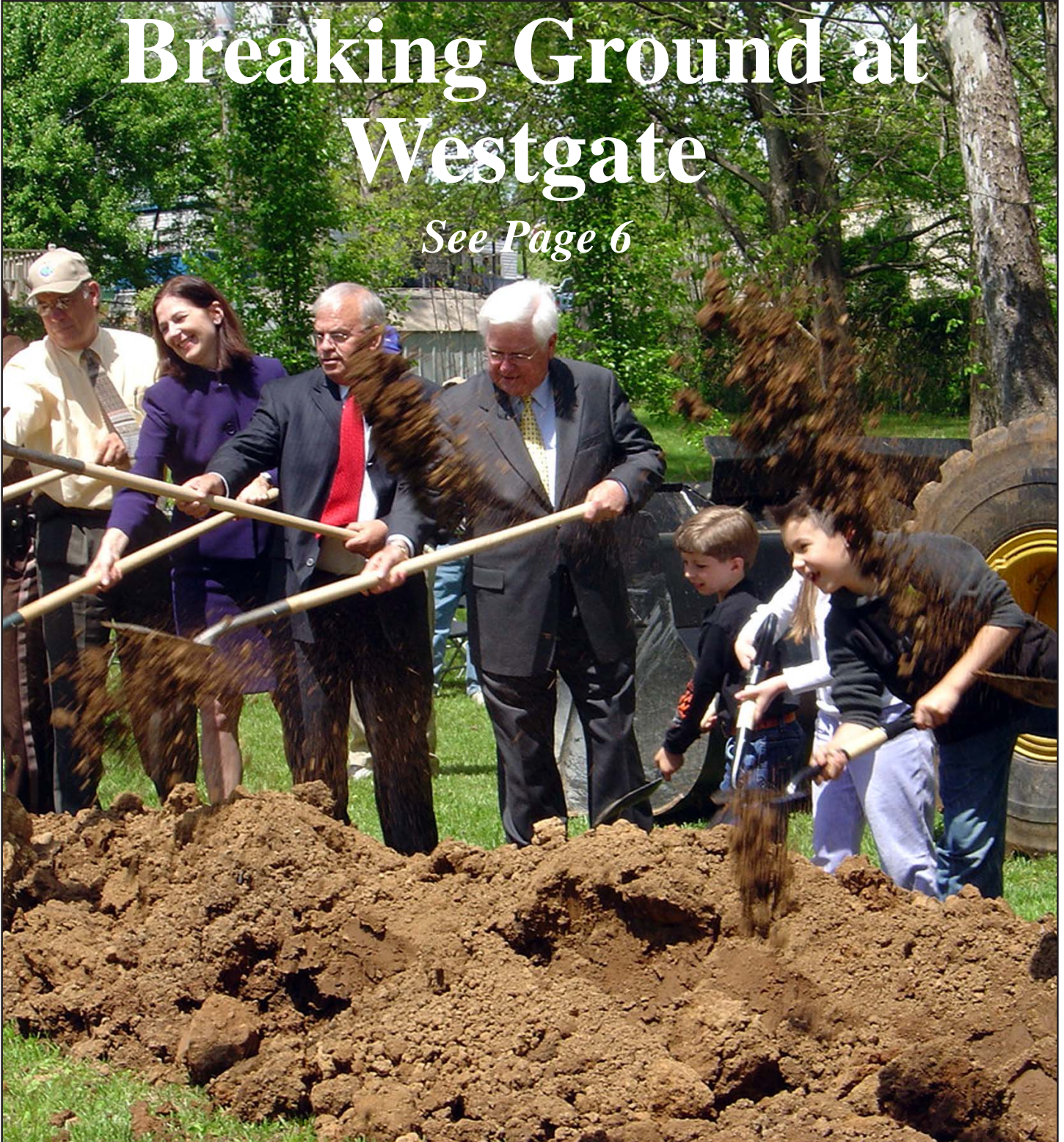
Volume 105, Number 5

*Respected-Responsible-Reliable*

June 2005

## Breaking Ground at Westgate

*See Page 6*





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## ASMC Chapter Announces Scholarship Winners

Winners were announced May 10 for the 2005 *American Society of Military Comptrollers, Music City Chapter* scholarships.

The two deserving winners are **Leila S. Hejazi**, daughter of Linda Ingram, Engineering Division, Environmental Restoration Branch, who is attending UT, Knoxville, as a double finance/spanish major, and **Leea V. Allen**, daughter of Paulette Allen, an employee of the U.S. Probation Office, who is a senior at Hunters Lane High School. She will attend Howard University in Washington, D.C., and major in international business.

A reception will be held for them, their families and friends at the chapter's next regular meeting, June 14 in Cafeteria A.

Two scholarships are awarded each year to federal employees or dependents of federal employees in the Middle Tennessee area who demonstrate exceptional academic achievement and whose majors are in the financial management field. 🏠



photo by Dave Treadway

## On the Cover

Congressman Hal Rogers, (Ky-5th District) (center) is joined April 25 by children from Judy's Child Care Center, city and county officials, as well as residents of the Westgate Subdivision in Somerset to break ground for a Section 531 sewer extension project that will remove a health hazard from the community as part of the PRIDE initiative in south-eastern Kentucky. For complete details, see page 6.

## 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



**F**olks, the House and Senate “marks” are in and it is good news for the Nashville team.

The FY06 Energy and Water Development Appropriations Bill as passed by the House of Representatives on May 24 included funding for Kentucky Lock (\$21.75M), Chickamauga Lock (\$10.0M) and Section 202 (\$17.5M to be split with LRH). The Senate marks are \$32M for Kentucky Lock, \$10M for Chickamauga and \$17.5M for ‘202.

This level of funding will likely allow Kentucky Lock to continue with award of two new contracts this year, the East Bank Approaches and the Superstructures contracts along with continuing design of the cofferdam and lock. It also provides funding to

## Communication

continue our design and construction efforts on Chickamauga Lock. It provides funding to continue the studies, nonstructural and structural elements of the Section 202 program. The final action will be a conference committee, which includes

Congressmen and Senators, and they will get together and iron out the differences in the House and Senate versions.

We had said that we needed at least \$15M from these three projects to have enough work for the Nashville District team and these projections would provide between \$40-\$50M. We are hopeful that the Energy & Water Appropriations Bill will be signed into law by the President before FY06 begins and that would give us a whole year to execute our program.

I will continue to keep all of you abreast of the latest budget status of the Nashville District.

Summer is upon us and it’s time to talk about water safety. Drowning claims over 4,000 people every year. Although all age groups are represented, children 0-4 have the highest death rate due to drowning.

In 1998, 500 children under the age of five drowned. Most incidents of drowning happen when a child falls into a pool or is left alone in the bathtub. The National Safety Council encourages adults to establish and adhere to strict

water safety rules. A few safety tips to keep in mind are:

- \* **Always** use approved personal flotation devices (life jackets). The U.S. Coast Guard estimates nearly 9 of 10 drowning victims were not wearing one.
- \* **Always** swim with a buddy.
- \* **Don’t** dive into unknown bodies of water.
- \* **Don’t** push or jump onto others.
- \* **Be prepared** for an emergency.
- \* **Never** consume alcohol when operating a boat.

Let’s have a fun and safe summer while out on the water or by the pool. Wear your personal flotation device.

Thank you for what all of you do everyday. 🇺🇸

## Employees of the Month Recognized for Work in April and May

**J**ohn Farley, a hydraulic engineer in the Water Management Office, was selected Employee of the Month for April. Farley has been directly involved in the operation of the Cumberland River basin reservoir system for more than 30 years.

He recently set up a functioning Remote Reservoir Operations Center at J. Percy Priest Lake. This facility will allow the Water Management Office to collect and review all required hydrologic and meteorological data, develop a reservoir system forecast and coordinate project operations with stakeholders and



Farley

customers in the event access to the District Office is restricted. And he supported the remote center with existing computer hardware.

An unannounced test of the facility, deemed a huge success, was completed in March.

For this exercise, none of the services connected to the District Office, including e-mail and network capabilities, were available. Participants had to employ work-around routines to gather required data and complete tasks. John collected lessons learned from exercise participants and observers to further improve operation of the center.

Economist Phillip Jones, Planning Branch, Programs & Project Management Division, was selected Employee of the

Month for May. Jones met with representatives from western North Carolina communities hit hard by last fall’s hurricanes. He coordinated with the Institute of Water Resources to receive funds and accomplish surveys in the flood-ravaged area. He used information collected to update national flood damage curves and made it available for use in potential flood damage studies.

The Economist played a vital role in the development of an economic analysis for seepage studies for both Wolf Creek and Center Hill Dams. Both are critical studies to secure money for badly needed dam rehabilitation. 🇺🇸



Jones

# Duo Named Distinguished Employees

by Dave Treadway

Two former Nashville District employees were named Distinguished Civilian Employees at the 2005 Engineer Day Picnic June 10 at Old Hickory's Rockland Recreation Area.

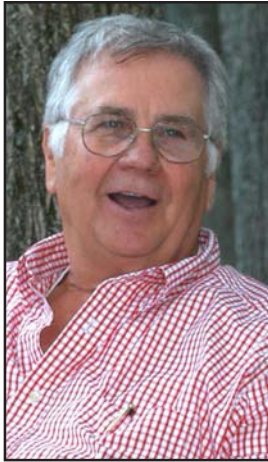
Over a career that spanned 37 years, Donald E. (Don) Spann held a number of vital positions in the Nashville District.

Perhaps the most noteworthy of these was in navigation and waterways management. As a result of his determination and commitment, Nashville District's channels maintenance program set the standard for excellence and became THE model Corps-wide.

Spann worked closely with TVA and the Coast Guard on a massive effort to widen and deepen the navigation channel downstream of Pickwick Landing Lock and Dam in the reach of the Tennessee River known as "Big Bend." Similarly, he established baseline data and became the District's point of contact for improving the navigable channel dimensions downstream of Old Hickory Lock.

For three decades, he maintained oversight and technical supervision of the Nashville District's channel maintenance and improvement program. He was instrumental in the advancement of safe and unobstructed passage of commercial and recreational river traffic throughout the Tennessee and Cumberland River systems.

During Spann's tenure, the Tennessee and Cumberland Rivers and their tributaries had the fewest sunken vessels and obstructions of any waterway of similar tonnage in the



**Spann**

United States. His judicious yet aggressive pursuit toward removal of sunken vessels and other obstructions is the primary reason Nashville District customers still enjoy consistently unobstructed navigation over approximately 1,200 miles of navigable channel.

John N. Lambrecht retired from the Nashville District Corps of Engineers as Chief of Information Management in August 2002, completing a distinguished career that spanned 44 years. He became Chief of Nashville's Automated Data Processing, the predecessor of Information Management, in 1966.

He was a pioneer in the development, installation and operation of automated information systems in the U.S. Army Corps of Engineers.

## People

This involvement began early in his career.

At the Rock Island District, where he entered the Corps of Engineers, he created an Automated Data Processing Office from the ground up: recruiting, staffing and training a team that built the first computer at that District. Lambrecht continued that process at Nashville by purchasing the first computer utilized in the District, converting the District's financial records and business processes from a paper-based to an ADP environment.

*"He left a legacy of solutions rather than problems . . ."*

Lambrecht was a key and active participant in supporting a broad range of Corps-of-Engineers-wide systems and large scale information technology transformation and modernization projects during his 35 years with the Nashville District.

He represented the business and technical requirements from the District Office level where the fundamental work of the Corps is

performed. Particularly noteworthy was his participation in the modernization of the water management systems through multiple technology life cycles, support to the Corps' business modernization through the Information Systems Modernization Program (ISMP) and the infrastructure transformation, accomplished through



**Lambrecht**

the Corps of Engineers Automation Plan, Objective IA Program (CEAP-IA). All of these were key Corps-wide enterprise initiatives.

Lambrecht was "instrumental,"

said a former Chief of Information Management, "in developing the CEAP program."

Lambrecht also had major roles in the evaluation and selection of electronic mail systems, the selection and acquisition of the Corps' computer aided design system (CADD) and the conversion of the Corps of Engineers Management Information System (COEMIS) to the new, undeveloped and untried Army Civilian Personnel System (ACPERS.)

Lambrecht's pioneering efforts in the area of Automated Data Processing helped lead the Corps of Engineers into the electronic information age. "He left a legacy," one colleague said, "of solutions rather than problems, bringing great respect and credit to the Nashville District through his effective participation and support of the Corps as a global enterprise." Praising his collaborative and mentoring spirit, another characterized him as "caring, insightful, involved, gracious, patient, selfless and a nurturing person whose desire to make a difference is something I've grown to recognize and respect in him." 🏠



## "He Saved My Life!"

# Employee Comes to Aid of Restaurant Worker

Story and photo by Dave Treadway

**B**ill Bennett said he just reacted and his training kicked in. Christy Beuerlein said what he did saved her life.

Beuerlein was working in the kitchen of DJ's Cafeteria at the Estes Kefauver Federal Building April 28 when she slipped and fell about 12:00 o'clock and struck her head on a metal table. After recovering from the fall, she went back to work, unaware of the seriousness of the fall.

"Right after she fell and struck her head," said her sister and co-worker, Candy Shelhorse, "we put ice on her head and sat her down in a chair. About 1:15 she began having seizures.

"Bill Bennett usually comes in everyday about 11:00 for lunch. Well, he had been out all week and that Thursday was his first day back. When he came in, I remember looking at the clock, thinking that is weird for Bill to be coming in for lunch at this hour because he is usually here at 11:00. It was 10 minutes after 1 when he came in. When she started having a seizure I yelled for (co-workers) John and Cathy. As John came around the corner, she was starting to black out. I ran to get Dave to call 911. Bill was out in the dining room and heard me scream and came running back there, along with his supervisor, John Tibbels.

"Bill saved her life!" insisted Shelhorse, "her airway was blocked and she was not breathing. He literally saved her life. I don't know what I could ever do to repay him."

Bennett recalled the events that day. "John and I went down to get lunch after I got in late from Kentucky because we were doing OSHA (Occupation Safety and Health Administration) inspections. He said, 'Let's go get some lunch.'

"I said 'It's a little later than normal but I'll go get something to eat.' I was in the line and had just gotten my food. As I started to walk out to a table, Candy came running out from the back, screaming 'PLEASE COME HELP! PLEASE COME HELP!' I just turned around, set my tray

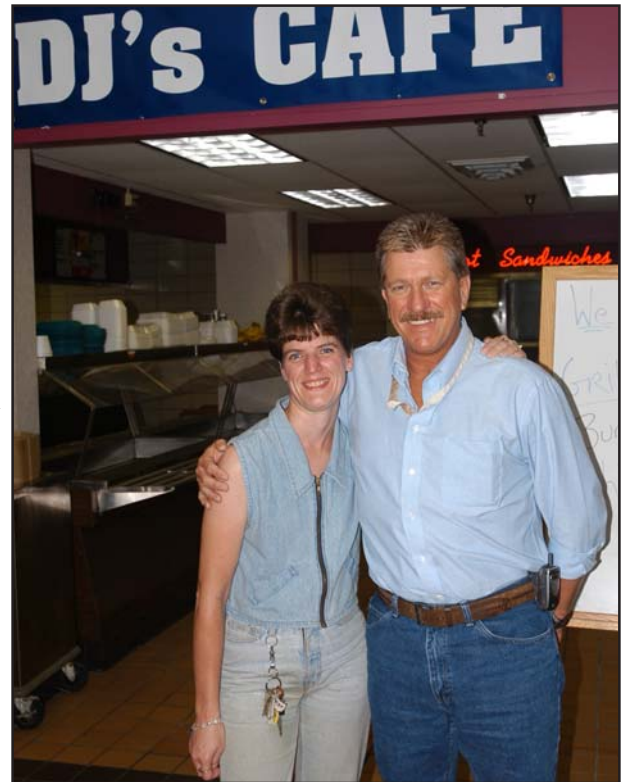
down, and ran to the back with Candy. I had seen Christy working there but didn't know who she was. She was down on the floor and she was completely blue in the face. Another man came up behind me and I said, 'Call 911 and get someone at the door to direct them in here when they arrive!' I then told someone else to get some towels to put under her head. I put a box under her feet. I kinda' used my diving training about what to do for someone who is down. I tried to check for a pulse and didn't really get one. Her chest was not moving and she was blue in the face which told me her airway was blocked. I raised her eyelids and found that her eyes were rolled back. My next step was to open her mouth and clear her airway. When I did that, she just went 'SSSHHH' as air returned to her lungs and she started breathing again on her own."

Occupational Health Programs Manager Melissa Cothron arrived moments later from her office on the 4th floor. "Bill did all the right things. He stayed calm and attended to Christy. She had a knot on her head near her temple from when she had fallen earlier and this was a concern."

"Within 30 seconds, (of clearing her airway) her color was returning to normal," revealed Bennett. "It was after this that I learned she had fallen about an hour earlier."

When the paramedics arrived about 10 minutes later and announced they had everything under control, Bennett then left the kitchen, although by then he found that he no longer had an appetite for the lunch he had just ordered.

A medical exam revealed that Beuerlein sustained a skull fracture in the fall. She was then examined in Vanderbilt Medical Center's Head Trauma Unit



**Christy Beuerlein 'meets' Corps employee Bill Bennett May 27 when she returned to work at DJ's Cafeteria after being injured in a fall while at work.**

where she recovered. She finally returned to work nearly a month later on May 27 and met her benefactor.

A smiling Christy embraced Bill and said, "I'm so glad to finally meet you. I wouldn't be here today if it weren't for you. You saved my life!" Beuerlein plans to return to work full-time when her children go back to school in August.

Bennett has attended several courses designed to teach him how to react in such situations. "I've had CPR, First Aid, and Dive Training. As a matter of fact, I just attended refresher training in March in Key West, Fla. Earlier that month, I attended similar training in the District with all our divers. So really, all this just came back. You talk about it in training and when it happens, you just do it. I'm just glad I was there to help. I'm glad she is okay today!"

Sisters Christy and Candy are also glad he chose to come to DJ's Cafeteria that day just a little later than his customary lunch time. 🍷

# Ground Broken for Westgate '531 Project

Story and photos by Dave Treadway

City sewer service will soon be available in the Westgate Subdivision just west of Somerset, Ky., on Highway 80 following a groundbreaking ceremony there in late April.

Nashville District Engineer Lt. Col. Byron Jorns joined U.S. Rep. Hal Rogers (KY-5th District), Pulaski County Judge Executive Darrell BeShears, and Somerset Mayor J. P. Wiles to break ground for the Section 531 project that will serve 87 homes and a child-care facility.

Westgate subdivision has experienced problems with its septic systems for years after heavy rains there backed up and contaminated water pools in low-lying areas. The local health department called the problem a public health hazard.

"Although it isn't a glamorous topic, sewer service is one of the most important and fundamental needs of any community," Rogers said. "Sewer service is essential to preserving public health and attracting new businesses and jobs to the area. This project is a significant step forward in our campaign to improve the quality of life for our citizens and to clean our region's waterways."

The Congressman praised Pulaski County and Somerset officials for working together on the project. The City of Somerset will operate and maintain the sewer lines and treat the sewage.

Somerset Mayor J.P. Wiles said the sewer will make Westgate better for the people who live there, their children and grandchildren.

"I'm glad to say today it is finally happening," said 1<sup>st</sup>



District Engineer Lt. Col. Byron Jorns addresses a crowd made up of residents of the Westgate Subdivision, members of local news media outlets, and elected officials April 25th.

District Magistrate Kenny Isaacs.

Westgate resident Janice Marcum said she was very thankful the project had reached this point.

"I'm really looking forward to it taking shape and the

## Process

completion of the project," said Marcum.

She said the smell in the area was often very strong and a source of embarrassment for Westgate. She noted some properties in the area had persistent problems, while others – her property included – dealt with the run-off.

The sewer project has been contemplated and actually applied for by the county for several years.

Construction of the \$1.7 million project is expected to be completed this fall by Weddle Enterprises, Inc.

Rogers authored the legislation that created the Section 531 program which provides 75 percent of the funding, through the Corps of Engineers, for sewer infrastructure projects. Since 1997, more than \$106 million in PRIDE-related funding has been invested in projects that will provide sanitary wastewater treatment service to 25,000 homes in the region.



Congressman Hal Rogers (KY-5th District) talks about the merits of PRIDE. 🏠



## Agreement Signed for Project to Protect State's Oldest Town

Story and photo by Dave Treadway

District representatives joined Jonesborough officials and U.S. Rep. Bill Jenkins, (TN-1st District), May 23 at the town Visitor Center to sign a Project Cooperation Agreement for a project that will help protect Tennessee's oldest settlement.

Known as the Little Limestone Creek and Unnamed Tributary, Section 205 Flood Damage Reduction Project, it will be designed to channel the tributary to Little Limestone Creek through the center of town and under Main Street. Jonesborough Mayor Tobie Bledsoe said the signing was a milestone event for the town and one that had been a long time coming.

"Obviously, this is a very important day for Jonesborough," Bledsoe said. "I think I first started working on this project when I was in sixth grade!"

Actually, Bledsoe was on the Board of Mayor and Aldermen (BMA) in the early 1980s when the town began work with the Tennessee Valley Authority.

"The hard work is all finished. Now the really hard work is about to begin," she



**Project Manager Vechere Lampley (left) directs the signing ceremony May 23 by Jonesborough Mayor Tobie Bledsoe and District Engineer Lt. Col. Byron Jorns.**

said. "After everything is done, we're hoping people will have to grow old in Jonesborough to see the next flood.

"We completed the first two phases of the comprehensive flood prevention plan, but the third phase, which includes the large box culvert, never got off the ground with following boards. When I became Mayor, in 2000, I went down to Nashville and discussed reactivating the project with the Corps. They agreed to restart the planning process, and we

have been working on the details since 2001."

Rep. Bill Jenkins said it was easy to be cooperative when working with a town like Jonesborough.


"You basically have three mayors, two former, here to work with," Jenkins said. "We certainly, in Congress, want to know that the money we appropriate is going to be well-spent, and I look forward to coming to Jonesborough at a time when I don't even have to get my tires wet."

Steeply sloped terrain and extensive basin development work together to create hazardous conditions during periods of heavy rainfall.

The project is designed to protect the Town of Jonesborough from the effects of a 50-year flood event. The total costs for the protection is \$1,720,100 with sewer upgrades. This level of protection will be provided by a 6x8-foot box culvert, training dike and a concrete block-lined outlet channel.

Work is expected to begin in August and will be completed by August 2006. Work will be complicated by the fact that the culvert will run from Sabin Avenue below the Jonesborough Visitors Center to Mill Spring Park off Spring Street. In the process, Main and Boone streets will be dug up to install the culvert and sewer lines.

District Engineer Lt. Col. Byron Jorns recognized the Jonesborough BMA for its vision and leadership throughout the project.

"Our plan is to be the least destructible as possible," he said. "There will be one lane of traffic open at all times, and we will make the necessary accommodations during the Storytelling Festival." 

## Three District Recreation Areas Recognized by Reserve America

Lake Cumberland's Kendall Recreation Area and Cordell Hull's Defeated Creek Recreation Area have been awarded the title Top 100 Family Campgrounds by ReserveAmerica.


The "Top 100 Family Campgrounds" were selected based on criteria requested by family campers including park

amenities, beautiful outdoor scenery, and educational facilities. The criteria included parks that offer hot showers, laundry facilities, hiking trails, family beaches, radio - free zones, visitor centers, educational programs, children's events, and that are located within 100 miles of a metro location.

Dale Hollow's Lillydale Campground, made the Top 10 list of Parks with Most Scenic Views.

Located in north-central Tennessee, Lillydale is renowned for having one of the nation's most breathtaking lakeside views. The crystal clear waters of the lake, surrounded by lush, rolling hills, provide a



spectacular, panoramic view from nearly every campsite. Positioned at the center of Dale Hollow Lake, Lillydale offers 114 sites, 15 of which are Primitive Island camping. Water and Electric hookups are available. 

# Federal Association Honors District Employees

by Bill Peoples

A number of District employees received awards at the 2005 Federal Employee of the Year Awards presentation May 4 in Nashville.

Long-time community leader and former Metro Councilman Don Majors called the day “a wonderful opportunity to recognize outstanding public service.” The former real estate affiliate broker took early retirement from DuPont in 2002 to serve on the staff of Congressman Jim Cooper.

Majors then presented the Professional Award for 2005 to Nashville District’s Attorney Advisor Robert V. Smyth II.

Smyth is recognized nationwide as an expert in environmental and regulatory law. He recently handled complex cases that involved issues of regional and nationwide significance. His steady leadership, attitude, counsel and performance have led to the successful execution of the Nashville District’s civil works mission. In addition, he served as acting chief counsel during part of this past year exhibiting superior leadership ability and mentoring the other attorneys in the office.

Mark D. Hallar, senior civil engineer, Operations Division, was presented the Scientific Award for 2005.

Hallar was cited for his unique ability to get done what may appear to others as undoable. Majors said, “He



## People

engages in extensive research, always searching for a better, faster, cheaper way to do business. Because of his effectiveness as a communicator and his sensible approach to accomplishing



Smyth

work, he is able to smoothly coordinate difficult projects.”

Hallar recently served a tour of duty in Iraq as program manager supporting ‘Task Force Restore Iraqi Electricity’, where he oversaw construction and repair work.

Michael C. Farmer, supervisory civil engineer, Engineering Construction Division, was presented the Outstanding Manager Award in absentia.



Farmer

“Mike Farmer,” noted Majors, “is not with us today because he just departed Sunday for a voluntary tour of duty in Afghanistan. Accepting for him is his wife, Diann. This deployment again demonstrates his willingness to serve Corps and the Nation in very difficult and demanding assignments. As the chief engineer for the Nashville District, his calm leadership, keen intellect, and high technical skills have played a key role in the success of the Nashville District. His caring nature, sense of humor, and common sense approach to challenging engineering and construction projects make him one of those managers that people love to work for.”

David E. Kay, civil engineering technician, Engineering Construction Division, was presented the Outstanding Technician Award for 2005.

Kay was cited for outstanding technical support to several elements within the Nashville District and work on key projects that included Kentucky Lock and Chickamauga Lock. His drawing expertise spanned electrical, mechanical, real estate, and other types of drawing. He

consistently delivered high quality products on schedule while working on multiple projects.

Hydraulic Engineer Barry P. Moran, Engineering Construction Division, placed second for the Scientific Award.

Kathy Canady, Programs and Project Management Division, was a finalist for the award that recognizes Outstanding Secretarial/Administrative Support. 🏆



Hallar



Kay



Moran



Canaday



# Corps 'Hands Over' Completed Border Forts to Iraqis

Story and photos by Major Bob Pegg

**D**id you ever wonder what Corps employees do in Iraq? Well, one thing we are actively doing is preparing facilities for the Iraqi military and police services. In late April, we had the opportunity to turn over to Iraqi officials three completed projects in one day.

On April 24, the Maysan Resident Office turned over three border forts to the Iraqi Border Police in the Maysan Province. The three forts represent the first of 22 new forts to be turned over to the Iraqi Border Police in Maysan over the next four months. These forts serve as border police stations and patrol bases from which the Iraqi Border Police conduct patrols along the Iranian border.

The facilities contain offices, kitchens, sleeping rooms and restroom facilities for the Border Police. They also serve as holding cells to detain people captured while attempting to illegally cross the border.

A single ribbon-cutting ceremony was held at one fort to commemorate the turn-over of all three forts. Representatives from the Iraqi Border Police, Multi-National Division –South East (MND-SE), the US Army Corps of Engineers, and the contractor were present for the ceremony and signed the turn-over documentation.

Once the ribbon was cut, LTC Hussein led everyone present on a tour through the new facility.

A typical fort looks very much like a prop out of a French Foreign Legion movie and is painted white and blue (typical colors for Iraqi Police Facilities).

Immediately following the departure of the turn-over delegation, members of the Iraqi Border Police, who had long awaited this day, began moving in. The police had been living and working from tents so were especially happy to have the new facility.

On May 5 a ribbon-cutting ceremony was held for the newly renovated Police Station in the town of Kumet, which sits on the banks of the Tigris River, about 25 km north of Al Amarah in the Maysan Province. The ceremony was hosted by

## Process

the regional police commander and included many members of the local community in addition to the personnel from the Iraqi Police Service and the USACE Maysan Resident Office (MRO).



**LTC Hussein, commander of the Maysan Province Iraqi Border Police cuts the ribbon for Border Fort SBIN 321.**

Three hours later the Police Station at Al Adel was also dedicated.

The contractor began work on March 4 and finished on May 4, 30 days ahead of schedule.

The newly renovated police station in Al Maymunah was dedicated on May 12, 18 days ahead of schedule by members of the Al Maymunah City council, the Iraqi Police Service and the USACE Maysan Resident Office (MRO).

On May 16 a handover ceremony was held in Al Kahla, a small town about 30 KM south east of Al Amarah, at the newly renovated Al Kahla Police Station. The traditional ribbon cutting was followed by a tour of the facility, serving of cake and soft drinks for all and then a signing of the handover documents. The Al Kahla Police Station Renovation was completed in just 80 days, 10 days ahead of schedule.



**Front View of SBIN 321 prior to the turn-over ceremony.**



**Cake and soft drinks are served to attendees just prior to signing of the hand-over documents.**

# The Corps Crowd

## Congratulations to ...

...University of Tennessee-Chattanooga senior first baseman Leslie Barron, daughter of Bill Barron, chief of Hydrology & Hydraulics, who has been named to the ESPN Magazine Academic All-District IV softball first team.

...Brent Adcock, son of Ranger Mike and Charlene Adcock, who was recently named Pitcher-of-the-Year for the Atlantic Sun Baseball Conference. Mike is a park ranger at Center Hill Lake.

...Sandra Jackson, Resource Management, for winning the 2005 Continuing Education award from the American Society of Military Comptrollers, an honor competed at the national level from all chapters of the ASMC. She is the Vice President – Membership of the local Music City Chapter of the ASMC. She is taking accounting courses at Strayer University.

...Sondra Hafling, Dale Hollow Lake environmental protection specialist, who married Michael Lee Carmen, the minister of education at First Christian Church, Cookeville, Tenn. They were married May 14.

...G. Scott Fanning, Center Hill Lake park ranger for winning the 2<sup>nd</sup> Annual Jordan Hackett Foundation 5-Kilometer run in Carthage, Tenn. He completed the race with a time of 17 minutes flat.

...Jerry Sizemore, who was nominated as an Outstanding Co-op by the Nashville District and honored April 19 by Eastern Kentucky University Cooperative Education at an awards ceremony.

...Troy Hawks, Lake Cumberland park ranger, who recently received the Annual Community Hero of the Year Award for his community-based volunteer work. This award is presented by Modern Woodsmen of America and the Lake Cumberland Chapter of the American Red Cross. Ranger Hawks is a First Aid, CPR and AED volunteer Instructor with ARC and volunteers as an environmental educator at local schools.

...Brigitte Rugare, whose grandson Philip James Rugari, Jr., graduated May 14 from Western Illinois University with a bachelor of science in hospitality management and a minor in business

management. Rugari was tri-captain of the swim team as a senior and holds a number of NCAA swimming titles after four years of competition.

## Welcome to ...

...Jennie Emmons, who joins the team at Center Hill Lake as a Co-op park ranger. Jennie is a student at the University of Tennessee majoring in Forestry with an emphasis on Wildland Recreation.



Jennie Emmons

## Farewell to ...

...Robert Sinclair, Cordell Hull Power Plant, who retired May 1.

## Sympathy to ...

...Lanae Long, Environmental Restoration Branch, in the passing of her maternal grandmother, May Liu, on June 8 at the age of 103.

...Carl Durrett, Civil & Structural Section, Design Branch, whose mother passed away May 10.

...the family of Corps retiree Ernest Brach of Brentwood, who passed away May 5 at the age of 89. He is survived by wife Norma Brach; daughters, Janette Brach, Carol Childs (Frank) and Pat Kirkpatrick (Baker); son, Bill Brach (Martha); six grandchildren; three great grandchildren; and sister, Betty Reef.

...Brigitte Rugare, Programs and Project Management, whose brother Anthony "Tony" Rugare passed away April 29.

...Tom Pirkle, civil engineer, Construction Branch, whose father Oscar Pirkle passed away on April 27.

...the family of Lawrence Hanserd, who passed away April 19. He was on the Estes Kefauver Federal Building janitorial staff and had worked here since 1989.

## Thank you...

...“Thank you so much for the surprise dinner at ESCAPE. I have truly been blessed to work with and know each one of you. I will miss you all because

it is the people who make the Corps such a wonderful place to work. I love the poem and the scrapbook and will cherish them both. Keep us in your thoughts and prayers and I will remember you.”

*Love, Zina Ledford*

...“I want to thank all of you who participated in my retirement festivities. The people you work with and the friendships you acquire make leaving the work environment difficult. Thanks to those of you who helped and supported me through my career.”

*Perry Sweet*

## Upcoming Events ...

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

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



**Retirement sure is hard for some folks to deal with! Joe Cathey displays the product of a day's work below Center Hill Dam after he and friend Pat Brumfield landed this collection, topped off by the two largest rainbow trout that weighed 5 pounds and 3 and 1/2 pounds respectively. Brumfield took the photo of Cathey and the day's catch March 27.** 📷



# Ranger's Son Selected Pitcher of the Year in Florida

by Dave Treadway

**T**roy University (DeLand, Fla.) pitcher Brent Adcock, son of Center Hill Park Ranger Mike Adcock, was named the 2005 Atlantic Sun All-Conference Pitcher-of-the-Year. Adcock earned the award after going 11-2 this season with a 3.24 ERA (earned run average) to help Troy win the conference championship. The senior struck out 97 in 108.1 innings pitched, while holding the opposition to a .236 batting average. Dad was proud of his son.

"Brent was a hard worker," said Mike. "He was not necessarily blessed with athletic skills but he is what I would describe as a blue-collar type who worked hard to get where he is. He wanted to go south and seek competition where he knew that competition would make him better."

The Lawrenceburg, Tenn., native transferred to Troy University after two years of Junior College at Volunteer State Community College in Gallatin, Tenn. While there, the 6-foot, 195-pound Adcock was named to the first team All-District and All-Region teams his freshman year after going 6-4 with a 3.60 ERA for the Pioneers. He struck out 92 batters in 67 innings of work as a freshman, ranking him second nationally in strikeouts per inning.

While at Lebanon High School, in Lebanon, Tenn., he played five seasons and was selected in the 46<sup>th</sup> round of the 2001 MLB Draft by the San Francisco Giants but elected to pursue a bachelors degree in Criminal Justice.

As a senior at Lebanon, he went 5-0 with a 1.00 ERA for the Blue Devils and was named to Tennessee's All-Star team. As a junior at LHS, he had a 6-3 record with a 2.40 ERA and two saves. His sophomore season produced a 4-3 record, with a 2.00 ERA and one save, stats which earned him first-team All-District honors. Adcock received the LHS Pitching Award for three seasons (1998, 1999, 2000), and was named the Blue Devils'



Troy University Pitcher Brent Adcock player of the Year for the 2001 season. He also helped his team at the plate by hitting a home run in his first at-bat in high school.

"The award was a surprise," said Ranger Adcock. "He wanted to make All-Conference and it was a fitting way to end the season. He has played, and pitched since he was nine years old in the third grade. When he was 13 or 14 Brent promised me he would use baseball to pay for college and he did it. He had a full-ride scholarship because he worked hard. He was a great team player because he realized one player doesn't win. It takes everyone on the team and he gave up the chance to bat in college, where they use the DH (designated hitter) and was happy that another player got to fill that role to help the team."

Visit the links below for Troy University web pages featuring Brent Adcock.

[http://trojtrojans.com/index.php?s=&url\\_channel\\_id=&change\\_well\\_id=17&member\\_id=216](http://trojtrojans.com/index.php?s=&url_channel_id=&change_well_id=17&member_id=216)  
[http://trojtrojans.com/index.php?s=&url\\_channel\\_id=32&url\\_subchannel\\_id=&url\\_article\\_id=707&change\\_well\\_id=2](http://trojtrojans.com/index.php?s=&url_channel_id=32&url_subchannel_id=&url_article_id=707&change_well_id=2)

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## Employee's Daughter Named to ESPN Softball Team

**U**niversity of Tennessee at Chattanooga senior first baseman Leslie Barron, daughter of Bill Barron, chief of the Hydrology and Hydraulics Branch, has been named to the ESPN Magazine Academic All-District IV softball first team. That covers an area from Michigan to Alabama.

Barron, a former Goodpasture Christian School all-state player from Goodlettsville, Tenn., has been UTC's starting first baseman for three years after transferring from LSU.

Starting all 62 Lady Mocs regular-season games, she hit .278 with six home runs and 34 RBIs, and she has a 3.619 grade point average

(GPA) as a business finance major.

She proved to be one of the most disciplined hitters in the Southern Conference last season as she drew a school single-season record 59 walks.

Her on-base-percentage of .474 for the season ranks third best in school

history for a single season, and her .290 batting average was second on the team for the 2003-2004 season.

Last year Barron was one of four players from UT-Chattanooga named National Fastpitch Coaches Association (NFCA) All-American Scholar-Athletes for the 2003-2004 season. 🏆



UT-Chattanooga's Leslie Barron

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## *Just To Be On The Safe Side . . . Back Injuries*

by John Tibbels

**B**ack injuries are the nation's number one workplace safety problem. Preventing such injuries is a major workplace safety challenge.

More than one million workers suffer back injuries each year, and those injuries account for one of every five workplace injuries or illnesses, according to the Bureau of Labor Statistics. Further, one-fourth of all compensation claims involve back injuries, costing the government millions of dollars on top of all the pain and suffering borne by employees.


A variety of activities can cause back injuries. The principal cause of compensable work injuries, noted by the Bureau of Labor Statistics, shows that four out of five of these injuries were to the lower back, and that three out of four occurred while the employee was lifting.

No approach has been found for totally eliminating back injuries caused by lifting, though it is felt that a substantial portion can be prevented by an effective control program and ergonomic design of work tasks.

There are two major categories of methods for preventing lifting

.....  
**“Safety – It’s  
a Team  
Effort”**  
.....

injuries—administrative controls and engineering controls. The former includes carefully selecting and/or training workers so they can safely perform lifting tasks. Engineering controls attempt to redesign a job so lifting becomes less hazardous.

Remember when making a lift, keep the object close to your body, and lift with your legs. Most of all, do not lift and twist your back at the same time. This can result in serious back strain. 

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## *Editor’s Notice to Retirees*

**T**he Public Affairs Office still needs to hear from Corps retirees so that email addresses maintained to send updates are current. Submissions as a result of last month's notice have added to a database than now numbers more than 90.

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 and other lakes.

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. 