



US Army Corps  
of Engineers  
Huntington District

# Castle Comments

Vol. 47, No. 8

August 2002

## Restoring a river



Photos by Jim Byrne

*This rock bed provides pools for shade and fish habitat and spawning area in a now thriving part of the New River in Boone, N.C.*

## Corps moves toward environmental work

By KATHY REA  
Public Affairs

With many of America's rivers and streams polluted, it is difficult to find the ideal fishing spot, but the Corps of Engineers is prepared to meet new environmental challenges. In partnership with the town of Boone, N.C., the Corps constructed an aquatic ecosystem restoration project. The project is located along the South Fork of the New River at Boone.

"This project represents the Corps and its business partners working at their best to produce a high quality product," said Jonathan Jackson, Project Manager.

South Fork of the New River supports

a cold water trout fishery in the headwater reaches of the watershed not far from the project area. Approximately eight species of fish including smallmouth, rock bass, rainbow and brown trout live in this part of the stream. But growth in tourism and the expansion of Appalachian State University created stream degradation. Mother Nature also played a part. Heavy rains over a period of time eroded the stream banks.

The New River within the project reach was wide, shallow and virtually unshaded. The river lacked habitat diversity and in-stream structure. Riffles and eddy currents were nonexistent. The river bottom was covered with fine sediment. The

*See river page 9*

## Inside this Issue

- Food Network fans may have seen some familiar faces on a special series featuring the Road Kill Cookoff in Marlinton, W.Va. Read about some Corps employees who frequent the cookoff and have even won with their tasty wild-game dishes on page 6.



- Many women in the field prove there is no such thing as a man's job. Read about three women who recently left their traditional desk jobs for predominately masculine fields and say they are better for it on page 8.





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# Smiles out to:

Engineering and Construction's Linda Hazelett, Bonnie Jennings and Janet Wolfe, Office of Counsel's Angie Riffe, and Safety Office's Helma German, Planning Branch's Marty Spurlock, and Public Affairs's Peggy Noel for participating in the Energy Express Program's Read-to-Me at Peyton Elementary Aug. 7.



The Safety Office for the nice selection in Five-Star Safety shirts.

# Commander's Corner



## Be a part of the team

By COL. JOHN RIVENBURGH  
District Engineer

Summer has almost come to an end. School has started or is starting soon and Labor Day is right around the corner. Luckily for folks like me, Labor Day is not the end of warm weather, so I'll not despair.

I'd like to continue with the theme I started last month. Each of us is part of a team or a member of multiple teams. Our team may be at one of our lake projects, a lock, a construction project or in the district office. You may also be a member of a cross functional project delivery team (PDT).

Teams are interesting animals. All teams have official and unofficial team leaders. In sports, teams have official leaders called coaches or managers, but also have captains who lead from inside as opposed to from a position of authority. Members of the most effective and usually the winning-est teams subordinate themselves to the greater good of the team. Huntington District team members typically do go the extra mile to make our teams successful.

The bigger question is how do our leaders lead their teams? The answer is "maybe not as well as we might like". Pretty surprising that I know this you might say. The "coach" or "captains" of a team have a tough job for two main reasons – all team members aren't alike and all may not be fully prepared for their job. You can't do anything about their preparation, but maybe you can understand how we coaches and captains deal with our individual team members.

Some of the finest leaders I know are great followers. Taking orders from higher headquarters and making them their own is tough business.

A leader must "walk a mile in the shoes" of his or her subordinates. We must fully understand the consequences of a decision before we make it. That does not mean coddling, it means discussing tough actions as they come to be in a way that results in understanding – even if there is no agreement. Remember, all decisions will not be popular.

Each individual is different and each needs a different leadership approach. Some folks require lots of leader help – encouragement or supervision. Others need and want little of either. As a team member, we need to understand that our leaders tailor their actions to their team members – our challenge as leaders is to maximize the contribution of every team member, while treating every one with dignity and respect. Equal is not always equal, but in my mind that is OK.

To each and every one of our team members, do your best to serve your fellow team members. Lead .... follow .... or get out of the way! But if you choose to get out of the way, don't expect to be a winner with the rest of the team.

# Opinion

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## The man on the street

By ELIZABETH SLAGEL  
Public Affairs

You're walking down the street and a man comes up to you and asks for money. What do you do?

I haven't talked to a person yet that hasn't been approached by the common beggar or peddler in this fashion. But to my surprise, no one seems to have a sensible approach in dealing with such approaches.

It seems like it is one of those lose-lose situations. You give them money, you walk away with the guilt that the dollar will end up in the bottom of a liquor store cash register and they will later end up in passed out or accosting some innocent person. You ignore them, you feel like the world's most insensitive, stoic person. And believe me, lying never works.

A man approached me once just as I was putting change in a meter. "Hey you, got some money," he said with indignity. Young and apparently an easy target, I said, "No."

"You got your wallet right there and I saw you had money."

Totally intimidated, I walked away with no incident furious with myself for resorting to dishonesty because I couldn't think of anything else.

I learned to always keep money out of sight and walk by fast to elude those unwanted conversations—and most of all the lewd comments.

As everyone knows who works in the district office, the Plaza in downtown Huntington is a haven for such incidents. It seems a shame that an area Huntington has tried for years to develop and promote is one some patrons would avoid going through for this simple reason.

And it is not just Huntington. In my hometown of Ironton, Ohio, I had a houseful of hungry people working diligently the day before my sister's wedding. I ordered pizza

and went to pick it up with time not on my side. As I was loading my son and pizzas, a haggard woman started yelling at me.

"Hey, where are you headed? Are you headed up 93?"

Well no, 93 took me to my destination, so technically I wasn't headed there. "No, I'm sorry," as I raced faster to get in my car and get on my way. The next thing I know she is at my window.

"I'm waiting for my daughter and she drove by and didn't stop. I just need to get to McDonalds where she is so I can get my ride home."

Not thinking this really made sense and remembering my little boy was with me. I said, "I'm sorry, you caught me at the worst possible time, my car is loaded, I have my son and I am running terribly behind."

She replied with raising her pant leg up, "You see this foot right-cher. I have sugar and it is killing me. I had a stroke three months ago."

What kind of person am I, I asked myself. Whether her story was true or not, how could I possibly drive away?

I threw the pizzas in the back and made room for her up front with me. I would take my chances for she obviously wasn't backing down and I wouldn't have this on my conscience.

At the same time, I really feel for the less fortunate. When I'm able to stand back and observe, my heart aches to reach out to them, but how? It is a shame, people have to be leery of strangers. As well, I know there are circumstances I can't understand that have led them to this life and which probably aren't their fault at all. Yet, I wish there were more I could do.

One person recently told me they were asked for money because the man claimed he was hungry. "You are," he told him. "Well, I'm on my way for a bowl of beans. Come join me."

What an excellent gesture. If only there were more of these solutions.

## PMBP not new

By STEVE WRIGHT  
Public Affairs

Recently every member of the district received Project Management Business Process (PMBP) training which will be continuing. I admit being surprised by the basic nature of the program and with the comment that the Corps is now in transformation relative integrating PMBP.

My surprise is tied to the fact we've been doing PMBP in Huntington District for well over a decade. This business approach was integrated during the tenure of Col. Thomas Farewell as the Huntington District Engineer between 1988 to 1990.

In a video sent to other districts, Farewell said that the District had 17 projects being project managed representing \$1.3 billion in construction. Included in these projects were West Columbus floodwall, Winfield Lock expansion, Yatesville Dam and our 202 projects.

## Local HR helpful

Different subject, in last month's issue of Castle Comment's I encouraged employees to attend retirement seminars as a means of making the best possible decisions in preparing for retirement. Unfortunately, I continued this theme by lamenting that since the consolidation of Human Resource Office district employees no longer received one on one retirement counseling.

This comment ignored the fact that Darrell Bledsoe does his very best to provide this service to all employees even though technically retirement counseling is no longer a responsibility or requirement of the district's HR. In other words the commander, HR staff and Darrell feel this to be a high priority.

# District Briefs

## Local faces seen at Leader's conference

Huntington District had a good showing at this year's Emerging Leader's Conference. Engineering and Construction's John Bock returned this year as a team leader after being selected as one of six out of 36 Corps-wide emerging leaders from the previous year. As well, Planning Branch's Debbie Wegmann returned this year after being voted Deputy Onsite Coordinator. She will follow next year as the official Onsite Coordinator.

Engineering and Construction's Dave Conley and Darin White were selected to attend as emerging leaders this year.

The group met Saturday, Aug. 3 throughout the week until Wednesday when they were joined by Corps senior leaders in the Senior Leader's Conference. The beginning of the week the group focused on different personality and managerial styles. For the senior leader's portion, the group broke into groups to do case studies and work on team building skills.

## Congress authorizes money for flood effort

The Corps of Engineers received \$10 million for flood recovery efforts in West Virginia, western Virginia and southeastern Kentucky from the May flood.

As a rider to the Homeland Security Bill, the money is authorized to the Corps for public streambank and highway embankment protection, according to Project Manager John Bock.

The money will be used to restore damaged roads and washed away banks. The Corps will work with the Department of Highways in the authorized recovery effort. The National Resource Conservation Service will focus on stream cleanup, removing boulders and debris from the streams.

# Health

## Forget Milk. Got water?

For years, health professionals have recommended drinking eight glasses of water a day to help lose weight, improve kidney function and generally keep the body hydrated. Now a new study published in the American Journal of Epidemiology shows that drinking more than five glasses of water per day can dramatically reduce the risk of heart attack.

The six-year study conducted at Loma Linda University in California followed some 20,000 healthy men and women ranging in age from 38 to 100. Researchers discovered that the women reduced their risk of dying from heart attack by 41 percent when they drank more than five glasses of water a day. Men in the study were 54 percent less likely to suffer fatal heart attacks drinking the same amount.

Other liquids had the opposite effect, almost doubling the risk of heart attacks when consumed in large quantities. Researchers believe that because water is absorbed quickly and easily in the bloodstream, it thins the blood and helps prevent clots that can block arteries. Other liquids, such as juice, milk, coffee, tea and alcohol must be digested, which may thicken the blood and lead to artery-clogging clots.

--Adapted from WebMD.com

## Hold off on sprouts

The national Centers for Disease Control and Prevention warns eating raw sprouts can cause severe stomach illness.

According to the CDC, more than two dozen people in four western states were poisoned by salmonella bacteria after eating raw alfalfa sprouts. Because farmers have no method for destroying bacteria that can cause food poisoning, some public health officials are calling for package labeling. For now, the U.S. Food and Drug Administration suggests that all sprouts be cooked before eating.

## Budding flag



*Believe it or not, this flag is made of flowers. The flowers are grown by seed companies close to Vandenberg Air Force Base in Lompac, Calif. The 2002 Floral Flag is 740 feet long and 390 feet wide and maintains the proper flag dimensions as described in Executive Order #10834. This Flag is 6.65 acres and is the first floral flag to be planted with 5 pointed Stars comprised of White Larkspur. This flag is estimated to contain more than 400,000 Larkspur plants with 4-5 flower stems each for a total of more than 2 million flowers. (Aerial photo courtesy of Bill Morson)*

# **Corps continues to find useful ways to dispose river sediment**

## **Birds nest on Corps-made bar**

By **ERNIE ROMANS**  
**Dredge Inspector, Operations and Readiness Division**

Once again, the Dredging Team, OR-TD, is out on the river conducting channel maintenance dredging activities. One of the areas of concern for our office is the disposition of dredged material. In most cases, disposal is done out of the navigation channel in deep water. This is done with extensive coordination between our office, state and federal resource agencies.

In some cases, such as in the case of Bonanza Bar (Ohio River Mile 353.0) last year and the Bar Above Old Lock #31 (Ohio River Mile 357.5) this year, the dredged material is used to create temporary habitat for local wildlife. In 2001, we built a temporary island just off the Kentucky shore at Bonanza Bar and almost immediately, Great Blue Heron

staked a claim to the new land.

This year is no different. In the area above Old Lock #31, we started building a temporary island structure just off the Kentucky shore. On the morning of Aug. 7, a Bald Eagle turned our disposal into a fishing pier and proceeded with his morning repast,

much to the excitement of the Luhr Brothers Contractors and Corps of Engineers employees on site.

Several pictures were taken of the magnificent bird and after finishing his meal, spread his wings and took to the air. I just wonder though, did he leave a tip?



**Dredge Inspector Karen Bozeman looks down at the eagles during a dredge disposal. The eagles made home on the sand bar formed for habitat. (Photo by Ernie Romans)**

## **Corps Women's Club invites new members**

By **AMY JO RIFFEE**  
**Treasurer, Corps Women's Club**

As we begin our new club year, the Corps Women's Club (CWC) is seeking new members. Have you ever wondered, "What does the Corps Women's Club actually do?" Well, here is your answer.

Our goals are to provide social occasions to welcome new employees and their spouses to the U.S. Army Corps of Engineers, Huntington District and to provide information about the Huntington District and explain the Corps' role in our community to our new members.

Every year our membership dues are used to contribute to worthy causes such as the Ronald McDonald House, sponsoring two children from the Salvation Army Angel Tree, sponsoring two student meals at the Engineering Career Day luncheon,

and supporting Hospice in some of their activities.

Socially, we host at least two events in the fall and two events in the spring. This past year our calendar of events included a membership luncheon in September, a white elephant gift exchange and dinner in November, a Christmas luncheon and ornament exchange in December, a Valentine's Day dinner in February, a tour and dinner at the Huntington Museum of Art in March, brunch and browse at the Dogwood Arts and Crafts Festival in April and a stained glass workshop in May.

The Corps Women's Club – we have something for everyone! Each event promises to be an enjoyable and memorable outing: families participate, retirees participate, and our membership crosses all organizational boundaries. Come and join us. Share with us ideas that you

might have for a CWC event. Is there somewhere you want to go or something you want to share with the group? We are a diverse group; we have a clown, a stained glass artisan, Marshall fans, and even a violinist that participate in our events.

We would love to see you at the membership luncheon Sept. 25 at the home of Diane Rivenburgh, 720 13<sup>th</sup> Ave. at 11:30. Last year the weather was beautiful and we ate outside on the front porch. Contact Carol Edlin 529-5211 or Amy Jo Riffée 529-5544 for more details. If you cannot attend the luncheon but would like to become a member and participate in future activities, please contact Carol Edlin or Amy Jo Riffée at the above numbers.

The CWC would also like to take this opportunity to say farewell to the Osborn family. We will miss them and wish them well at their new station.

# Corps employees serve

By ELIZABETH SLAGEL  
Public Affairs



*Engineering and Construction's Dave Long and 2000 Road Kill Cookoff. Dave won third for the*

won him the \$300 grand prize and an all-expense paid trip to California as a contestant on the gameshow, "Tell the Truth."

Dave's brother wasn't the only one getting a touch of stardom. The "fat boys" and their friends can be spotted on the Food Network on the series "All American Festivals." The network covered the Road Kill Cookoff as part of an across-the-country festival series with (of course) food as its feature.

The episode leads up to the judges picks, but features some scenes of the "fat boys" booth and several close up shots of Dave Long's jalapeno deer kabobs with roasted chestnuts. Mike Wetzel also has two soundbites in the thirty-minute segment.

"My favorite road kill is anything and everything. I'm not one to be a picky eater," Wetzel tells the camera and thousands of Food Network viewers. This episode of All American Festivals can be seen again Sept. 7 at 6:30 p.m., according to the Food Network.

Also past winners of the cookoff are

Marlinton, W.Va. is a familiar destination to Corps employees working on a future flood control project, but it is also a spot where a couple of other employees stumbled into some good old hillbilly fun.

The "fat boys" as they like to call themselves, Engineering and Construction's Dave Long and his brother, John, started an early fall outdoor camp trip to Marlinton eight years ago when they discovered an annual Road Kill Cookoff. Two years ago they picked up Engineering and Construction's Mike Wetzel and Steve Spagna.

Not long after the Long brothers' discovery, the road kill cookoff became the highlight of the camping trip giving the "fat boys" the chance to enjoy the great outdoors while feasting on road kill dishes.

Don't be fooled though. The only thing foul about this contest is the fowl used in the recipes. "What you cook is anything that can be found on the side of the road with any stretch of the imagination," road kill veteran Dave Long said.

Of course the wild game used in the dishes preferably hasn't come in contact with a vehicle bumper, but as of 1991 such an act is legal in West Virginia. However, participants in the contest have to sign a waiver that their food meets safe handling and food quality standards and the judges can throw dishes in question out.

The law, offering a practical solution for animal crossing victims, is what gave the scenic town of Marlinton an excuse to boost their tourism and provide some local fun.

"At first, we started in it just as fun, but it is getting more serious," Long said.

Serious is right. Long's brother John won first prize in the 2001 cookoff with his meat stew respectfully named pulled Bambito under Saboogoo. His first place award

## Dixie Deer Chili

Second place 2000  
Road Kill Cookoff

2 cups diced onion  
6 garlic cloves, minced  
2 pounds deer burger  
2 teaspoons paprika  
2 teaspoons ground cumin  
2 tablespoons minced fresh oregano  
2 tablespoons chili powder  
2 cans (28 ounces each) chopped tomatoes  
1 cup chopped red bell pepper  
1 cup chopped yellow bell pepper  
1 cup chopped orange bell pepper  
3 cups beef broth  
2 cups pinto beans  
½ cup minced fresh basil  
½ cup minced fresh cilantro  
½ quart Maysel's hot sauce  
Sprinkle with salt and pepper

In large pot sauté onions and garlic in oil over low heat. Add meat and cook over medium heat until browned. Sprinkle with paprika, cumin, oregano, chili powder and cook for five minutes stirring frequently. Stir in tomatoes, peppers, broth, beans and hot sauce. Bring to boil, partially cover and simmer for 2 ½ hours or less. When done, stir in basil and cilantro.

--By Steve and Teresa Spagna



# up tasty road kill contest dishes



Photographer unknown

Mike Wetzel (standing) serve the judges up at the recipe seen.

Dave and Steve Spagna who took third and second places the previous year. Spagna won second with his first-ever entry, a hearty venison chili made with fresh vegetables from his wife's (Teresa Spagna, Operations and Readiness Division) family farm.

Long said Spagna's head got big from winning his first time, but bears no hard feelings as he won a third place trophy for Dave's Deer Rolls, a spicy venison rollup in a flour tortilla.

The whole contest is a lot of fun. Dave recalls one guy who took the contest literally and threw a possum on the grill, fur and all. Needless to say he was excluded from the contest.

Mike Wetzel, who hasn't cooked, but thoroughly enjoys the cookoff, said, "It is just a fun thing to do. You enjoy meeting people and seeing their reactions." He recalls one year when the fat boy tent included a slithering dish. "Dave Long's brother made something with rattlesnake in it. He dropped a couple of rattlesnakes in and every now and then he would take his spoon and pull up a snake. People

would take two steps back. He made one mistake and didn't debone it. So his stew was a little crunchy," Wetzel said.

As the Road Kill Cookoff grows in popularity, so too does it grow with Corps friends. The last cookoff included Long, Teresa Spagna and Steve Spagna each as competing cooks. Operations and Readiness' Tim Fudge, Tammy Fudge, Steve Hann, Desira Lawson and Engineering and Construction's Dave Humphreys, Mike Wetzel and Corps contractor Tessa Christie were all on hand to cheer on the cooks and have some fun. Long, Wetzel and Humphreys said they will be there again this year.

Nancy Smithson, Marlinton Road Kill Cookoff organizer, said this year is anticipated to be even larger because of the Food Network exposure. She predicts there will be a greater spectator interest in the upcoming event with maybe five or more new cooks. "It is a lot of work, cooking all the food on grills."

This year's event will have a \$600 grand prize and a little more expert judging. A wild game expert and writer for the Dove, Wing and Quail Unlimited magazine signed on to try West Virginia's road kill best, she said.



Photo by Dave Long

Steve Spagna stirs his second place chili while wife Teresa (Operations and Readiness Division) watches.



Dave Long and Steve Spagna

## Dave's Deer Rolls

Third Place 2000 Road Kill Cookoff

1 pound ground venison  
4 cherry tomatoes  
4 mushrooms  
½ green bell pepper  
2 tablespoons soy sauce  
2 tablespoons sweet and sour sauce  
1 teaspoon ground ginger  
1 teaspoon grated lemon peel  
¼ teaspoon crushed red pepper  
1 garlic clove crushed  
A bunch of soft taco shells

*The Mix:* Combine the soy sauce, sweet and sour sauce, ground ginger, grated lemon peel, crushed red pepper and crushed garlic clove, mix well. Chop the cherry tomatoes, mushrooms and the green bell pepper. Add the ground venison and all the other stuff. Mix altogether well, refrigerate for a couple of hours or overnight.

*The Cook:* Put some hickory chips in water until thoroughly soaked. Crank up the charcoal grill and when the coals are nice and hot add some hickory chips. Put the ingredients into a lightly oiled 10 inch pan on the charcoal grill, stirring occasionally until cooked to suit you, Lay out a soft taco shell and put some fixens on it. Roll it up and put it on the grill until lightly browned.

--By Dave Long



# High Heels to STEEL TOED BOOTS

## Women give desk jobs the boot for non-traditional careers

By ELIZABETH SLAGEL  
Public Affairs

Three Huntington District women traded their high heel shoes in for steel-toed boots with their new field jobs and they say they're better for it.

Karen Bozeman, a procurement technician for Contracting Division, made the change this summer in a 120-day developmental assignment as a dredge inspector.

"I needed a change. I was kind of tired of the desk. I came out and thought I would try it. I literally didn't know what a dredge was," Bozeman admitted.

The well-dressed, well-manicured red-head said working on the dredge is a whole different learning experience. She is learning first-hand the different dredge techniques, channels that require dredging and the overall mechanics of the dredge mission.

The biggest complaint one would

expect of the dredge inspection work is the meticulous around-the-clock schedule—a far cry from the Monday through Friday eight to 4:30 routine. But it doesn't seem to bother Bozeman much.

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*"I feel like I'm doing a man's job and I am proud of it."*

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*Karen Bozeman, Dredge Inspector*

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Working 47 days straight in 90 degree weather and leaving her house at 3:30 or 4 a.m. sounds unbearable, especially to a mother of an 11-year-old, but she says, "I got used to it. When Saturdays came it felt like Monday. It wasn't hard to get used to, I think, honestly, because I loved it."

"The guys have been great to work with to explain things if I needed it. I feel really good about it. I feel like I'm doing a man's job and I am proud of it."

Of course during her break she said she noticed she went back to wearing



*Photo by Ernie Romans*

*Karen Bozeman stands with co-worker Kent Browning.*

a skirt without any reservations. "Linda (co-worker Linda Plumley) and I talked about it. For her, she enjoys this, but when she goes into the office, she's ready to be a lady again."

Linda Plumley, like Karen, needed a change. She said her reason for going to a field job was to get out of the secretarial field. Her chance arrived while she was a secretary for the Waterways Section of Operations and Readiness Division. When short staffed they would send Plumley out on the job.

Four years ago she moved out on the seasonal dredge permanently as a Civil Engineering Technician/Dredge Inspector. When considering the four to midnight shift, she says, "It is definitely worth it. It is worth it because I love the job so much. There is a saying that if you wear one pair of boots out on the river, you'll never work off the river again."

Of course with the dredge work being seasonal June to September, Bozeman and Plumley get to return to the office setting during the winter months and plan their missed summer vacations.



*Unknown Photographer*

*Linda Plumley keeps a log of dredge activity while dredging the Big Sandy.*

"It is heavenly at the time. But I'm relieved to get back into the office and dress up. It is exciting to have cologne and makeup on again," Plumley said.

While she was a secretary doing the travel orders for the men going out on the dredge she said she thought it seemed like a vacation and nothing to it. It wasn't long until she learned for herself the strain of the job. "To work so many days straight is really tiring physically. It is hard to take care of things at home."

Pam Hall agrees. She left the district office in February 2001 after 12 years of her desk job. She no longer knows a true weekend nor a regular sleep schedule as she rotates shifts.

Her massive career move took her from a systems administrator in Contracting Division to a Corps diver and lockman at Meldahl Locks and Dam. The difference, she says, is going from a good job she enjoyed to an incredible job she loves.

"I don't know I just got a wild hair. My kids are grown and I'm single. I just wanted to try it out in the field,"

the 44-year-old said.

But those who know her lineage could argue it's in her blood. Pam Hall is daughter to former lockmaster/diver Jack Goody.

"When I went in that water I knew what I wanted," she said. Although her father and co-workers were shocked when she told them of her planned career move, they offered her support and told her to go for it.

It is a move she says she'll never regret. "This is where the action is and where the labor is. If it weren't for the guys out here, there wouldn't be a district office."

Contracting Officer Sandy King recalls her reaction when Hall and Bozeman decided to go out in the field. "I thought they were crazy. I just thought why would any woman want to do that kind of work? I told Pam she was going to freeze to death because she went out there in the winter." Although she still finds it hard to believe she said she is happy all three women found jobs they truly enjoy.



*File Photo*

*Pam Hall during her six-week diving training in Key West, Fla. She says the weight of the helmet nearly knocked her over when she first put it on.*

## River

*Continued from page 1*

absence of shade and pools contributed to a poor environment for fish and other aquatic wildlife over warm and dry summer months. The New River at Boone needed restorative ecosystem practices in order to return this American Heritage River to a condition of strong aquatic health.

Funded under the Authority of Section 206 of the Water Resources Development Act of 1996, bank failures, sedimentation of aquatic substrates, and degraded in-stream habitat diversity are several of the major disturbances the project addressed and restored. The absence of shade and pools contributed to a very poor holding capacity and stream condition during warm and dry summer months.

Work on the 1700-foot restoration project began fall 2001. Approximately one-third-mile of

South Fork was restored to provide a spawning site for fish as well as new substrates for aquatic insects and other benthic organisms. In-stream habitat and bank protection structures were put in place to afford food chain support from primary producers up and through secondary consumers.

The ecosystem restoration also provides benefits to small mammals, amphibians and reptiles and riverine songbirds.

Jim Byrne, special assistant to the mayor of Boone said, "The project has been the cornerstone for multiple goals established by the town of Boone." Future plans include a 40-plus acre recreational area that will include sporting fields, greenways, picnic areas, interpretive trails through wetlands, fishing, and canoeing launch points.

Byrne said he was very impressed

with the professionalism exhibited by the Huntington District.

The project was completed during spring 2002. The success of this project has had many benefits. Because of its effectiveness, Appalachian State University may incorporate the Section 206 project into their educational curriculum. The North Carolina Wildlife Resources Office may be interested in exploring the process to change the state gaming regulation to designate the Boone Section 206 project reach as a "Delayed Harvestable Trout Water. Very few streams meet the state's stringent criteria for this designation.

Most important of all, the success of the Boone Section 206 project resulted in a second Section 206 project on the South Fork of the New River.

# Grayson home to another kind of eagle

By KEVIN WRIGHT  
Ranger, Grayson Lake

The name Eagle Valley evokes a vision of a pristine valley surrounded by snow-capped mountains with a swift moving stream running through the middle of it. This is a place where one would expect to find Bald Eagles soaring high above, a symbol of everything that is good, freedom, courage, and strength of character.

This vision can be seen at Grayson Lake in the Environmental Nature Study Field. However the mountains are the hills of Kentucky, the stream is the old route for the Little Sandy River, the valley is an area that has been reclaimed over the years under the watchful eye of Senior Ranger Bernita McCloud, and the eagles that soar here are the young men of Boy Scout Troop 133.

Since 1994 a partnership between the U.S. Army Corps of Engineers at Grayson Lake and Troop 133 has resulted in many accomplishments that have benefited both the scouts and the Grayson Lake Project. A summer camp was built in 1996 and since then the scouts have accomplished many things such as: construction of hiking trails, installation of informational signs, benches for relaxing along the trail, wildlife viewing blinds, area cleanups, and Eagle Scout projects. Under the leadership of John Schroeder six scouts have achieved the lofty status of Eagle Scout.

Recently two Eagle Scout projects were completed in the Environmental Nature Study Field. The first of the two projects constructed under the guidance of Marty Brown was a gazebo. The other project constructed under the guidance of Paul Schroeder was a bridge over a marsh area. The estimated value of the gazebo including materials and labor was \$2,300. The bridge, designed by Civil Engineer John Schroeder required 28 specially manufactured steel gusset plates. Steven Baker, Chief of Maintenance at Grayson Lake was

instrumental in acquiring these plates by working with Elizabeth Heslop at the Marietta Repair Station. The estimated value of the bridge including labor was \$5,800. Both projects were the culmination of many years of hard work in the quest for Eagle Scout by these two individuals.

A dedication ceremony was July 18 at Grayson Lake Environmental Nature Study Field by Corps staff. Col. John Rivenburgh was in attendance to present Scoutmaster John Schroeder with the Commander's Award for Civilian Service. In the past seven years Troop 133 has contributed some 2,045 hours of volunteer work, representing a savings of over \$27,750 to the Grayson Lake Project. Paul Schroeder's bridge project was dedicated in memory of McCawley Ballard, Scoutmaster for Troop 152 who was killed in an accident on Interstate 64 last year. Both Eagle projects were officially presented by the scouts to Wayne Rigor, Resource Manager who accepted on behalf of the Army Corps of Engineers. The entire troop erected a sign officially renaming the area where the two projects stand as Eagle Valley.

Don Mulkey and Dan Hall, Troop 133 Assistant Scoutmasters were recognized for their enormous contributions, as stated by Scoutmaster Schroeder, "Don is our master carpenter, he can just look at

a plan and build it, I being an engineer have to sit down and study it for a while first." Also recognized for his many hours of volunteer work was Tim "Trail Blazer" Wilson. Over the past six years Wilson has spent 280 hours at a value of \$4,480 developing and maintaining over 18 miles of hiking trails within the Wildlife Management Area.

Other guests at the ceremony were Tri State Area Council member Doug Spillman, the wife and son of McCawley Ballard, Jim Phillips Grayson Radio/TV Station, and other family members. Scoutmaster John Schroeder stated "We have a win/ win situation here at Grayson. We feel we get the best end of the deal and the Corps feels they get the best end of the deal, but we will not argue about that." Indeed with nine more scouts nearing completion of requirements leading to Eagle Scout the future looks bright for both Troop 133 and the Grayson Lake Project. Eagle Valley is a "real world" highly successful culmination of Corps project management business processes, partnering, cost effectiveness, environmental stewardship and education combined with community involvement. Come to Grayson Lake where eagles soar.



*Photo by Kevin Wright  
Eagle scouts post a pole with blue bird boxes and a sign designating the area as Eagle Valley.*

# Retirees Corner

## The COEHDRA News

By JOHN TURNER  
COEHDRA Publications  
Coordinator

**COEHDRA Happenings:** All members of your Huntington District Retiree Association (COEHDRA) are still enjoying their "Summer Break" in some cool spot during these scorching, hot, muggy "dog days." Hopefully by the time you read this we will have had a break in the weather with some refreshing much needed rain. Just a reminder that our COEHDRA meetings will reconvene Sept. 9 at 11:30 a.m. at the Ponderosa Steak House, located at 3100 Route 60E in Huntington.

All retirees are welcome and encouraged to join in on these meetings. Since the restaurant needs an idea of the approximate number of attendees, you're requested to call Bevo at (304)523-8234 no later than Sept. 7 and advise him of your plans to attend.

**RETIREE ACTIVITIES:** Time seems to fly by so fast and before you know it, we'll be looking straight into the eye of the Christmas holiday season. Since your desire is to have a Retiree's Christmas Luncheon this year, COEHDRA is already setting the wheels in motion to accommodate your wishes. It sounds like Dec. 3 will be the date so mark your calendars now to attend. Specific details will be forthcoming.

**CONDOLENCES:** I just learned that Bob Casey, former Chief of Safety Office and Beecher Bolt, Operations Division recently died. Our condolences go out to both their families.

**PEDAL-TO-THE-METAL:** In the absence of hearing from you, I

found this cute story I want to share with you as this month's "filler" article.

Seems that there was a middle-aged guy who bought a brand new Mercedes convertible SLK. He took off down the road, flooring it up to 80 mph and he enjoyed the wind blowing through what little hair he had left on his head. "This is great," he thought and floored it some more. He looked in his rearview mirror and there was a Florida Highway Patrol Trooper behind him with blue lights flashing. "I can get away from him with no problem" thought the man and he floored it some more and flew down the road at over 100 mph. Then he thought, "What am I doing I'm too old for this kind of thing" and pulled over to the side of the road and waited for the State Trooper to catch up with him. The trooper pulled in behind the Mercedes and walked up to the man. "Sir," he said looking at his watch. "My shift ends in 30 minutes and today is Friday the 13<sup>th</sup>."

If you can give me a reason why you were speeding, that I've never heard before, I'll let you go." The man looked back at the Trooper and said, "Last week my wife ran off with a State Trooper, and I thought you were bringing her back." The State Trooper in a m a z e m e n t calmly said "have a nice day."



## Former editor tells of district retiree author

By Ginevra Tidman  
Retiree and former Castle  
Comments editor

Believe it or not the list of Huntington District, Army Corps of Engineers retirees contains a real life author. He is Harry (nickname Buddy) Beckett.

His intriguing book is entitled "Winds of Destiny." It's a complicated love story with various locations: China, Hawaii, Kentucky and West Virginia.

Your author of this article edited Castle Comments for 35 years and loved every minute of it. Debbie Sliger, who helps your author by paying her bills, reading her mail, etc., read every word of this fascinating book so she and I know it well.

Back to the book's author, Buddy Beckett, he worked for the Corps for 25 years in Planning. See page VII of the book which proclaims that Buddy would not have written it without the encouragement by the author of this short article.

Buddy and his wife Betty McMellon own two pieces of property. They own a home at 1606 Woodland Drive in Barboursville and farmland on Union Ridge where Betty raises a garden.

The book, a paperback, can be bought in the local interest section at Borders Book Store in the Huntington Mall for \$14.95. It can also be purchased at Barnes and Noble and Amazon.com.

I miss my long ago readers and the Corps of Engineers. I love you both. For your information I am 91 years of age and now legally blind.

# Huntington District People

## Congratulations

• To Marsha Lloyd on the birth of her granddaughter Chelsea Dawn Lloyd. She was born May 28.

### How to resolve a bad mood

Most people spend three out of 10 days battling a foul mood. The causes of crabbiness are many, including lack of sleep and changes in hormone levels. But whatever the cause, you can take steps to mitigate a bad mood;

• If you wake up on the wrong side of the bed, chances are you'll start spilling the milk or staining your suit with jelly. Don't let this domino effect ruin your whole day. Take charge by starting over. Sit with your eyes closed for a few minutes, breathing slowly to lower your heart rate and calm your mind.

• If you're chronically crabby in the morning, skip the coffee; instead try sipping some apple cider or vanilla chai tea. Both apple and vanilla scents increase the brain's alpha waves, providing a calming effect.

• Get organized. Messiness on a desk or in a closet can make you even crabbiier because disorganization leaves you feeling out of control. Regain your sense of control by finding something to organize.

• Write a letter. If your boss is putting you in a bad mood, put it down on paper. Writing can slow down your thinking, help you sift through the mental chaos and sometimes helps you see the bigger picture.

## Project replaces rusty gates

By Marcia Thompson  
Ranger, Leesville Lake

The intake structures at Leesville Lake and Piedmont Lake in the Muskingum Area were the sites of major maintenance recently. Two workers from Marietta Repair Station, John Bloomfield, welder, and Ted Nelson, machinist, assisted by area project personnel removed and replaced sections of the bulkhead rails on the lake side of the intake structures.

The rails used to guide the maintenance bulkhead had deteriorated over the years and were recommended for repair or replacement on past periodic and intermediate inspections by division and district personnel.

The area of the rails at the water level were determined to be the most in need of repair due to the fluctuation of the lake levels from summer and winter pools. A ten-foot section of the rail was removed and replaced with new rails with necessary repairs made on the remaining rail. The lake levels were dropped below normal winter elevations to accomplish the necessary maintenance work.

Leesville and Piedmont Lakes are included in the original system of flood control projects in the Muskingum Area that was built in the 30s. Clendening and Tappan Lakes received similar repairs on their gate rails by the repair station in 2001.



*A deteriorated section of a gate rail at Leesville Lake.*



*John Bloomfield aligns a gate rail.*



*Employees with the Marietta Repair Station load gate rails to transport back to shop.*

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