

Wilmington

District News

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Wilmington District

Shifting Sand

Page 4

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Inside This Issue

'03 Ops Plan Loss Teaches '04 Winning Lessons	3
Deep Water - it's a good thing!	4-5
Maintaining Inlet Highways	6-7
In the Spotlight Paula Brown...A "Real McCoy"	8-9
In Their Own Words "Why I'm Volunteering to go to Iraq"	10
First 'Castle Award' Winner Risks Life to Save Child John H. Kerr Reservoir Boasts Heroes at Home and Abroad	11
From Murphy to Manteo at Age 79	12
CREATE equality, MLK speaker urges	13
Website Highlights	14
Retiree News	15
Corps Family News	15
Reaching Out	15

On the Cover:

*Dredged sand from the Merritt
spills into the current at Carolina Beach Inlet.*

Commentary

Left Behind...but not left out!

This month we are keeping tabs on our deploying teammates, and sharing in the excitement and apprehension that comes with an overseas deployment. We're enormously proud of their willingness to volunteer and their selfless service.

And maybe, with me, you are feeling slightly over-privileged or under-brave because you are not in their shoes. When you know the people deploying, you tend to imagine their situation, and the situation of our soldiers, a little more vividly.

What to do with that uncomfortable feeling that others are serving while you are safe? Well, don't go out and play in traffic! But DO think about what you could do to honor the people who are giving an extra measure and risking themselves in a foreign theater of action.

Do you work with somebody whose absence will add to your workload? Certainly, you can perform those added duties with extra care and pride. What about the homes and neighborhoods our military defends with their service? Can you make a difference there? Do you know somebody who is leaving a volunteer service behind? Maybe you could take it on in their place.

Our own Marti Sedgwick leaves behind volunteer service in heading up the American Red Cross Blood Drive and the American Cancer Society Relay for Life. My pledge to her was that I'd take on those missions. I invite you to give a pint of blood at our March 4th Bloodmobile, or to support the Relay for Life with your feet or your time or a donation. YOUR selfless service counts for a great deal in the lives of others.

– Penny Schmitt

'03 Ops Plan Loss Teaches '04 Winning Lessons

By Penny Schmitt

Contrary to popular perception, the Army way to handle a mission that misses its mark is not to 'take names and kick butt.' Instead, we conduct an After Action Report to figure out how those goals could have been met. If we're going to win with future plans, we have to build on past failures as well as past successes.

The basic after-action process asks three questions:

- What was supposed to happen?
- What actually happened, and why?
- What could be done differently in the future to achieve a better result?

On Friday, December 19th, the District's Quality Steering Group gathered to ask exactly those questions about the 2003 Operations Plan. Over the past nine years, the Wilmington District has been in the habit of meeting our point goals, and celebrating success with a District-wide team award. This year, we did not complete enough of the objectives we had set to earn that award.

The After Action Review identified a number of reasons for this year's grade



Every team member plays a role in Ops plan success.

of incomplete, and took action to improve our chances of success in 2004. Overall improvement of the QSG process received the most attention. The group agreed that several factors contributed to less than steady focus on executing the Operations Plan. These included frequent changes of meeting dates, not briefing progress on every objective at every meeting, failing to establish project delivery teams early in the year, setting key milestones too late in the year, frequent absences of champions or their representatives at meetings due to travel or other obligations, and insufficient or ineffective awareness materials for the entire team.

Other issues that surfaced included the number of demanding initiatives coming from higher headquarters, like Corps 2012 and privatization initiatives, and also the out-of-synch timing between the District's Operations Planning and the SAD campaign planning process.

What differences will you see in the execution of this year's plan?

- QSG meetings will regularly occur on the third Tuesday of each month. Champions and QSG members are expected to make the maximum effort to clear their calendar for this important meeting.
- Awareness materials will return to the 'thermometer' format of past years. The QSG agreed that this format is more easily understood and more clearly indicates whether the plan is in red, green, or amber status. Other awareness aids, like a 'flash poster' on our computer screens, were discussed.
- Champions must be present or must send a fully prepared backup person to the meeting. Presence of champions to report at meetings was seen as a key to tracking progress.

- A Project Delivery Team, a project plan, and milestones should be identified early in the fiscal year. For this year, Col. Alexander asked that all champions present their team, plan, and milestone information at the January QSG meeting. This should also improve clear understanding of the end products expected from each objective, so that our objectives can be successfully completed.
- The plan should be validated against the SAD Campaign Plan and the demands coming from higher headquarters. Col. Alexander said that he would review our present plan in light of the demands placed on us by higher commands. If necessary, he will recommend revisions to our plan.

Future success depends on your involvement. Success doesn't depend on just the champions, but on many contributing team members who actively participate. How can you help? First, ensure that your own TAPES include at least one element directly tied to the Operations Plan. Where does your work fit in the process? Second, volunteer to serve on a Project Delivery Team associated with an objective you can support, or offer your help to the leader of an already-formed Project Delivery Team. Third, remember that accomplishing our objectives is intended to be a stretch that requires extra effort. Look for that 'something extra' you could do to contribute this year.

Overall, the process changes recommended by the QSG aim to clarify expectations, continuously monitor progress, activate the QSG to step in and help when an objective appears headed for trouble, and raise everyone's awareness of opportunities make the 2004 Operations Plan a success. Look for renewed commitment and more effective execution in the coming year-and seek your own opportunity to help make the 2004 plan a winner!

Deep Water - it's a good thing!

PHOTO COURTESY OF NC STATE PORTS AUTHORITY



The Star Ikebana from Singapore, the first ship to benefit from the new 42-foot navigation channel to the Port of Wilmington, is loaded with baled woodpulp for export.

By Penny Schmitt

In a Project Cooperation Team meeting on January 9th, Wilmington District Commander Col. Ray Alexander made the most-eagerly-awaited announcement of the Wilmington Harbor Project: "We have deep water to the State Ports of Wilmington!"

While this milestone does not mark the completion of the District's multi-year project to deepen the Cape Fear River Channel, it is the most critical element to make economic benefits begin to flow. The four added feet of channel depth will permit container ships to bring about 150 more containers into and out of the port. Each container is approximately the size of a semi-trailer, and that's a lot of added import / export the ports will be able to move! To date, ships have been unable to enter the Port of Wilmington with a full container load, and must sometimes wait for tides to carry them across the Ocean Bar. The completed channel also makes way for bigger ships that have deeper draft.

According to Project Manager Sharon Haggett, surveys confirm that the 44-foot depth at the bar and 42-foot depth channel to the ports has been

completed by our contractors, Bean-Stuyvesant LLC and Great Lakes Dredge and Dock Company. The River Pilots and the US Coast Guard have the last word in declaring the channel open for use. Because the deep water had not been anticipated until March 2004, shippers can only now begin to schedule port calls requiring deeper draft. "We will definitely be celebrating the arrival of our first big ship!" said Karen Fox, Public Relations Director for the Ports.

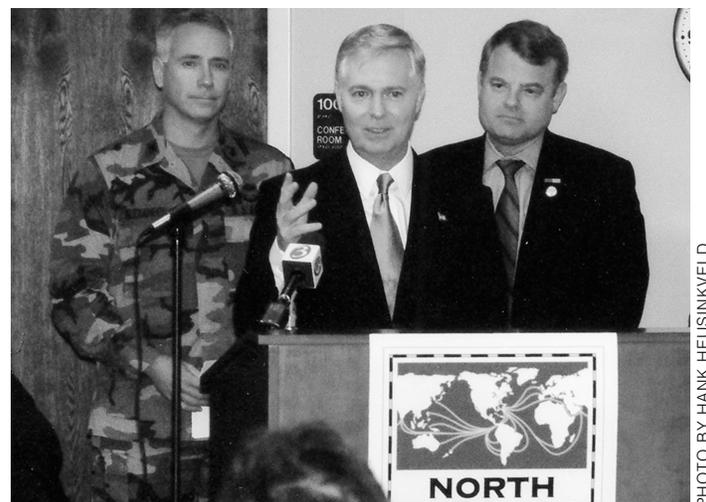
Present at the team meeting, project sponsor John Morris, Director of the North Carolina Division of Water Resources and Erik Stromberg, Executive Director of the North Carolina Ports Authority, both had high praise for the Corps' project execution.

"I look back to the beginning of this project, and all the

fine work done by your engineers and environmentalists, and people from UNC Wilmington. You deserve great credit for doing the science correctly so that we had convincing guarantees that you could work safely in the bedrock beneath the river," said John Morris. The Corps willingness to undertake best value contract solicitations, he noted, also resulted in significant cost savings on the project.

Stromberg said that in his years as Director of the American Ports Association as in his current position, he had never seen a channel deepening project move forward so quickly, and with such broad public support. "This project has been a model for partnership between the Corps and stakeholders. The way you have done this - it's how it should always be done."

"The superb work on the environmental aspects of the project, and putting them first," Stromberg emphasized, "made all the difference. Many other ports have tried to move forward, and they are at a standstill today, because they didn't pay enough attention to the environment. We watched you undertake the best value contracting initiative with some anxiety. But you made it work. Involvement of the beach communities was also enormously helpful. Their support helped greatly in the fight for funding."



North Carolina Governor Mike Easley, flanked by COL Ray Alexander and Congressman Mike McIntyre (D., N.C.) announces the completion of the Wilmington Harbor Project during a press conference at the Port of Wilmington.

PHOTO BY HANK HEUSINKVELD

"We will be working closely with Governor Easley to make sure that we realize the economic benefits of this project for the people of North Carolina," Stromberg said.

Col. Alexander, along with Morris and Stromberg, thanked members of the Project Delivery Team, many of whom were invited to the meeting to hear the big news. "I arrived here in the middle of the project," Col Alexander said. "I know that many of you have been waiting to see this moment since sometime in the 1980s. This past year, we have been struggling to keep the project on track despite funding issues, and each time, the team has found a way to stay on course. I have to recognize the persistence of Eugene Tickner, who always said "Boss, there's gotta be a way," and to thank my predecessors, Col. Sperberg, Col. Youngbluth, and Col. DeLony for all they did to move the project toward this great moment."

**Wilmington Harbor Project-
What's complete? What remains?**

To date, the Wilmington Harbor Project has been remarkable for smooth execution. Since the Project Cooperation Agreement was signed in March, 1999, nine contracts have been completed.

Contract/Completion date

- Ocean Bar I Channel Improvements 30 April 2001
- Keg Island Channel Improvements 28 January 2002
- Third Disposal Area May 2001
- Mitigation Area Planting May 2001
- Ocean Bar II (Sand for Brunswick County Beaches) Nov 2002
- Horseshoe Shoal Channel (Sand for Kure Beach) 23 May 2001
- Eagle Island Cell 2 Disposal Area March 2003
- Eagle Island Cells 1 & 3 Improvements October 2003
- Relocation of Navigation Aids to New Channel Alignment By USCG 05 Dec 2003
- Clean Sweep-Unsuitable material March 2004
- Anchorage Basin / Passing Lane Phase I January 2004

The events of September 11, 2001 shifted federal budget priorities toward the War on Terrorism, homeland security, and overseas military actions. Despite these heavy demands, the Wilmington Harbor Project has continued to receive Congressional support. All the project partners and stakeholders are striving to move forward with the project, recognizing that all must exercise constant vigilance for cost-saving opportunities and persistent willingness to adjust work to fit the funds available.

Contract/Completion date

- Anchorage Basin/ Passing Lanes Channel Improvement Phase II FY 2006
- Clean Sweep -Beach Quality Material Award 9/04
..... May 2005
- Fish Passage Structure Award in 2005
..... 6-9 months
- Eagle Islands FY05 Improvements Award 9/04
..... FY 2006
- Northeast Cape Fear Award in 2006
..... FY 08

*Congrats
Team!!*

Congratulations to the Wilmington Harbor Project team on a job well done. Seated with COL Alexander is project sponsor John Morris, Director of the North Carolina Division of Water Resources (left) and Erik Stromberg, Executive Director of the North Carolina Ports Authority.



Maintaining Inlet Highways



“Sand moves, so it’s something you have to do like mowing your lawn...”

So says Larry Calame, Chief of Plant Section for the Wilmington District. That’s why the sidcasting dredge vessel Merritt and its crew logs thousands of nautical miles each year making sure waterways and inlets are safe enough for commercial and recreational watercraft to navigate through. It’s standard and it’s routine, but Calame says without this specialty vessel, which is able to navigate easily in shallow water because of its low draft, Mother Nature would quickly take over. It would make areas impassable, potentially affecting local economies and putting lives in danger.

“Mostly it’s commercial fisherman who will call us and talk about the inlets or complain about the inlets,” he says. “Sometimes we’ll discover where areas need to be dredged ourselves on surveys that we take, but the users let us know. We’ll take the information, analyze it, and depending on the priorities of the inlets where we are working and if dredges are available, that’s how we decide where we’ll work.”

The job at Carolina Beach came about after complaints from fishermen who said there were too many “doglegs” or cuts that began to develop in the natural channel. Rather than waste time and money dredging the inlet, Calame said a decision was made to follow a new path that had been created by meandering currents.

“We took a look at the natural deep water. The last time we looked at Carolina Beach the inlet was going straight out. So, it was more efficient for us to dredge it straight out rather than to have the dogleg this time.”

With a bird’s eye view from atop the vessel Raymond Bleam, the captain of the Merritt, has a good image of what



Captain Raymond Bleam steers the Merritt down the long path of the newly created underwater highway at Carolina Beach Inlet.



US ARMY CORPS OF ENGINEERS PHOTO

This aerial photograph of Carolina Beach Inlet shows the new path of natural deep water. Photos like this supplement survey data District Navigation Branch members use to plot a dredging course.

the man-made, ocean floor “highway” looks like. By following navigation points in his onboard global positioning system from surveys taken weeks earlier and converted into digital maps, he’s able to recreate physically the new path that will allow mariners safe passage in and out of the inlet. And that path is huge. It’s 1500 feet long and 150 feet wide. According to Bleam, dredging a channel like this is time consuming, but his vessel is well equipped to move

vast quantities of sand in a relatively short amount of time. In this case at Carolina Beach it’s one week.

“We’re one of two shallow draft sidecast dredges in the Corps of Engineers. It’s kind of unique. Shallow inlets are the really most efficient means of getting the channel dredged. A lot of the other dredge vessels are constrained by the draft, so they’re limited by where they go.”

Converted from a surplus Navy salvage vessel, Bleams says the Merritt is an engineering marvel.

“It hydraulically moves the sand. It has two drag arms and at the end each drag arm has a drag head that acts like a vacuum cleaner. It has gradings over it so that no large items can pass through it.”

Bleam says the Merritt basically drags the pipes over the bottom of the new channel. The pumps on board create a suction and moves the material through a supported pipe that can be positioned on either side of the vessel. The force from that suction is able to thrust the material about 30 feet. And by reading the flow of the currents he can pinpoint the direction of the thrust sand so it easily drifts away from the channel area.

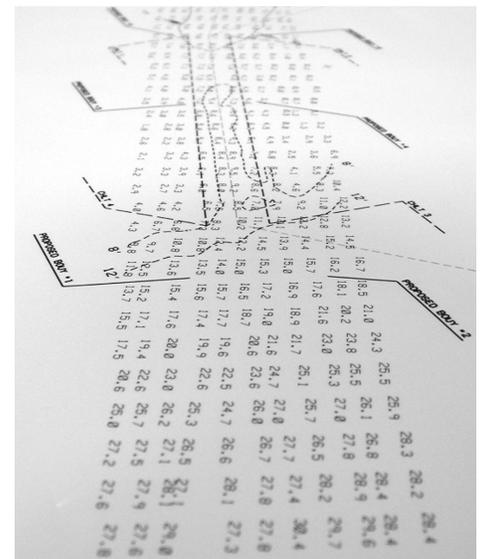
Dredging, needless to say, is an endless job. And just as grass grows in a yard, sand accumulates in high-traffic areas where fishermen, and recreational boaters navigate. Calame says the Merritt is well equipped and at the ready seven days a week to clear the waterways.

“You dredge it the most effective way possible, but you know that you’ll be back, sometimes soon rather than later. Sometimes it’ll last three months, sometimes it will last six months. It’s a very volatile surface.”

Story and photos by Hank Heusinkveld



Scott Aiken of Navigation inputs depth information into sophisticated software that will be used on the Merritt’s Global Positioning System.



The blueprint of a nearly straight path the new inlet will take which will eliminate navigating dangerous doglegs.

Paula Brown, A "Real McCoy"

"Gather 'round you children while I tell the story of the mountains in the days when guns were law, When two fam'lies started feudin' it was bound to end in shootin', If you'll listen close, I'll tell you what I saw."

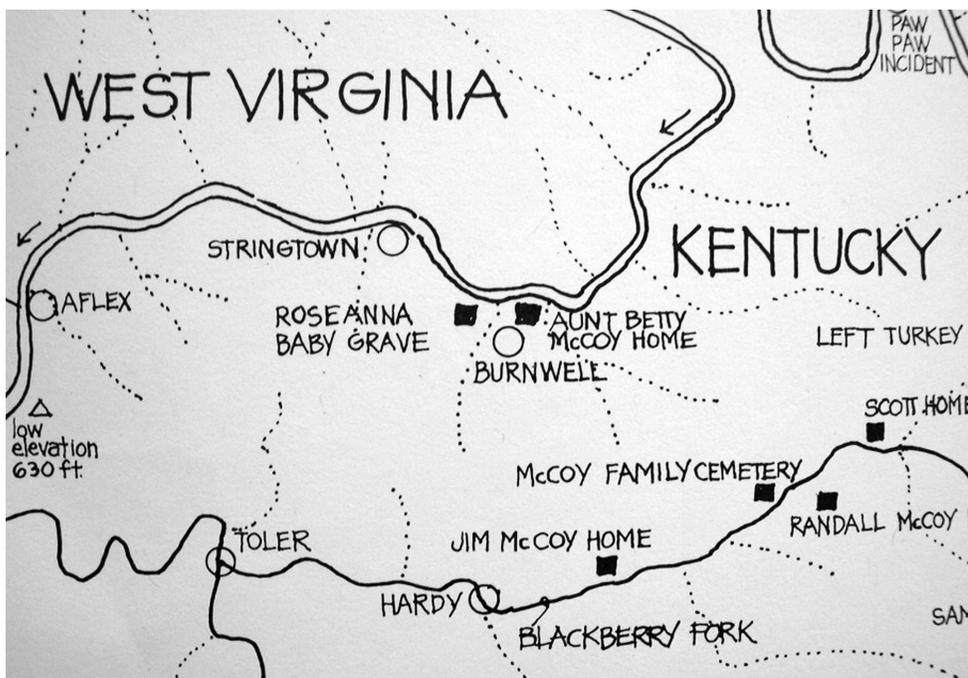
These are the beginning lyrics of one of possibly dozens of songs written about the Hatfield and McCoy feud, a real life tragedy that in reality was a byproduct of the Civil War. While folklore states that the beginning of the feud was a simple quarrel of one family accusing the other of stealing livestock that eventually escalated to murder and mayhem, Paula Brown says it goes much deeper than that. She should know. She's a direct descendant of "Big Sam" McCoy and his son, Hobert, the last living participant of the infamous feud. According to what Brown learned from Big Sam's manuscripts and from personal family history, her great-great grandfather's family struggled with life like many others in the depressed areas of West Virginia and Kentucky.

"If you take out the theory of the livestock, some of the problems were the problems of the country," Brown says. "It was the era when brother was against brother, and families divided according to states and according to state's loyalties."

Brown says the McCoy's were southern sympathizers. They lived in Kentucky, a border state that was entrenched in southern laws and customs. The Hatfields lived across the river



Paula Brown poses with books, newspaper articles and other artifacts that she's collected over the years that highlight the Hatfield and McCoy Feud.



This map details pinpoint locations of Paula's relatives.

in West Virginia. When it became a state, it sided with the Union because its citizens believed in the preservation of the Union.

"Ultimately, the feud, while there were issues with livestock and with finances and one family having more money than another, what it really all boiled down to was that our families divided over state's rights and the Civil War."

The manuscripts from Big Sam read like a war diary. They're published in transcription and facsimile form in "Squirrel Hunting: The Memoirs of Big Sam McCoy." Brown says it's a miracle that his own words were ever recorded. He wrote phonetically, but his words are easily understood. Some passages are more passionate than others when it comes to his recollections of some of

the bloodiest incidents. He details what he observed: murder, burning of houses, rape, and killing of children. Brown says the feud gradually took its toll on members of her family.

“When it really became bloody, when it was a no-holds-barred type of attitude where it was more than just the big men becoming impacted, my great-great grandfather and my great grandfather picked up their families and my Granddad moved to Kansas. Eventually some of them resettled in Pennsylvania.”

Despite the stigma of the Hatfield and McCoy legacy, Brown says she's proud of her lineage. She simply takes the attitude of “my family, right or wrong, my family.”

“It's definitely part of Americana. Appalachia has a certain spot in history, and the American psyche. The images of a straw between the teeth, the barefoot mama with the babies and no education — to a degree some of that has been historically true through the years.”

The spirit of the Hatfield and McCoy feud is still fresh in the minds of the descendents of both families. Each year they gather for reunions, not to settle old scores, but for good old-fashioned fun and games like tug of war and feasting. Brown's grandfather symbolically buried a hatchet during one reunion.



Big Sam McCoy, thought to have been nearly seven feet tall, poses with his wife. Paula is his great-great granddaughter.



Coca Cola capitalizes on the Hatfield McCoy feud by sponsoring reunions in Kentucky.

“He always told me it was okay to bury the hatchet,” she says with a wink, “just as long as you remembered where it was just in case you ever needed it again!”

She might have dug it back up once during a chance meeting of a person who claimed to be a Hatfield.

“I actually only met one and it was an immediate dislike, because I don't want somebody to try to antagonize me; ‘Well your family does so and so, etc.’ I felt like I was NC State versus UNC! It was like ‘Golly, don't make me defend something that happened 140 years ago.’”

So, the legacy of the Hatfields and McCoys lives on. Brown has learned bits and pieces of her family's history that counters folklore, but she's fascinated with all of the stories...stories she's passing on to another McCoy descendent, her 12-year-old son, Evan McCoy Brown.

“Why I’m Volunteering to Go to Iraq”



Sarah Tingley

Sarah Tingley will be working with the Construction Office as Deputy Budget Office for four months.

“I think I’m doing something good for the country, I think we’re going to be making history, and I just think it’s a good thing to do. We’re writing history and this is the only opportunity in my career to do something that I feel is good, is patriotic and the right thing to do.

“I’ve never done anything like this before. I lived in Japan and the Philippines, so I know a little bit about what to expect living overseas.” (with limited American amenities.)

“I thought about it long and hard. I didn’t just jump in and do this. It was a couple of months thinking about it. I listened to the Colonel’s speech at the town hall meeting and I was really inspired by what he said. It was an inspiration and a chance for me to do something for my country, something for the Corps of Engineers which I feel very loyal to. I’ve worked here for 20 years and I feel like this is my chance to make a mark in my career.”

“The danger crosses my mind. There’s definitely danger and I anticipate keeping my head low and watching where I go, but I’m not afraid. Yes, I am cautious, I’ll be careful, I’ll obey the rules, and I’m going to watch out for myself. My husband put his foot down and said that I’m not going. But I kept talking about it and said that this is what I truly wanted to be doing. He finally said that with all of my following him and his Navy career, he agreed that it would be a great opportunity for me.”

Marti Sedgwick will work as an environmental engineer in an environmental and construction branch of the Gulf Region District.

“I’m actually going to get to use my college degree! I’ll actually get to go over as a technical person. I’m very excited about that.”

“I’ve always had a strong sense to serve in the public sector. I volunteer with the Red Cross, I do the Relay for Life. I also volunteer for my kids’ schools and it’s a wonderful way for me to serve. Also, it’s a wonderful opportunity for me to serve because my husband is working out of our home and he can pick up the slack that will happen when I’m gone.”

“My family calls me ‘Safety Mom’ so of course safety is very important to me. I’m going to do everything that they taught us in the preparation classes that we can do to increase our safety like being situationally aware; sandbags in bottom of leased vehicles, Kevlar, body armour. I’ll be doing all those things to increase my safety.”



Marti Sedgwick

Justin Arnette will go to Iraq for four to six months making maps and working with GIS.

“I thought it would be a good experience and I’ll learn a lot over there. I like the thought of starting something up from scratch and working toward that. It’ll be a good international experience.”

(Risk assessment.) “I don’t read the paper or watch the news either. I don’t want to know! It crosses my mind, but I could get hurt walking across Market Street. If it’s going to happen, it’s going to happen. I’m not worried about that. I’m there for the experience of everything.”

I think I’ll be a better at my job when I return.”



Justin Arnette

First 'Castle Award' Winner Risks Life to Save Child

John H. Kerr Reservoir Boasts Heroes at Home and Abroad

By Sherrie Storm, Park Ranger

On November 11, Steve and a friend were working on the roof of a bathroom addition that he and his church group, "Volunteers for Christ" had volunteered to construct for a disabled teenager, when he saw black smoke billowing from a window of the house next door. He and his friend dropped what they were doing and ran to assist. A woman and two children were on the lawn, the woman screaming that her child was still inside. The woman told Steve her child was on the bed near the window where the thick black smoke billowed.

Steve ran to the window, but was blinded by the smoke. He leaned into the room, feeling for the bed. When he could not feel anything, he slid further into the window. By that time, the smoke was restricting Steve's breathing, and the flames and heat were unbearable. Still, Steve would not give up. He continued to inch forward, feeling around and trying to find the child.

Steve felt the edge of a blanket and began to pull it towards him. As he pulled, he felt a tiny weight as the child rolled toward him. Quickly he backed up on his stomach, bringing the child with him.

Once outside, Steve looked at the child and saw that she was struggling to breath. At that time the rescue squad had arrived and as Steve turned the child over to them, he saw that she was burned over 80 per cent of her body.

"I don't know if we felt more helpless before or after we got the baby out," said Carroll. He collapsed on the lawn as the little one-year old girl was taken away; she was then airlifted to the Medical College of Virginia in Richmond. Chanaya Latrice Brooks-Brodnax, aged 12 months, died later as a result of her injuries from the fire.

This heroic act went unacknowledged for almost a month. News accounts reported the tragedy, but no one knew the identity of the "mystery man". But on Monday evening, December 8, Mayor Earl Horne of South Hill, Virginia recognized Steve Carroll as a "true hometown hero".

Store is not alone. Team Kerr boasts other heroes!

Buck Kallam, Powerhouse Operator, is in Iraq. He is on a 120-day assignment, as part of the TFRIE (Task Force Restore Iraqi Electricity). His mission is to provide technical assistance to rebuilt power plants.

Wayne Fussell, Powerhouse Mechanic and **Robert Dennis**, Assistant Operations Manager spent 30 days with the Corps' Disaster Relief Team in Guam in February and March 2003. Work was twelve hours per day, seven days per week, in relentless sun; but Wayne and Robert were proud to be part of a team that was providing aid to people who had lost everything in a major typhoon.

"The joy of being there was doing work that mattered for people who were very grateful," said Robert. "You could see



USACE's Team Kerr has plenty of reasons to be proud, with employees serving in Baghdad, Guam, and at home. The most recent act of heroism involved the Corps' first recipient of the "Castle Award"- Steve Carroll, Kerr Powerhouse employee. Steve risked his life to save an infant from a burning building.

an immediate impact, and take comfort that at the end of the day, some folks were a lot better off."

Robert was on the debris removal team. Wayne was involved in the decommissioning of generators to use in the next operation.

Despite the relentless heat, the driving winds from the convergence of the trade winds, and brown tree snakes that had consumed most of the birds on the island, the two would go back to assist.

Both Wayne and Robert said that the people were very friendly and appreciative.

"It is a wonderful mission of the US Army Corps of Engineers. It is my duty to step up and do my part to help out," said Wayne.

"And it will mess up your CEFMS," Robert said. "Coming home, we left Guam at 7 a.m. Saturday morning and got to Honolulu at 6 p.m. the day before!"

John H. Kerr Dam and Reservoir is proud of its team members who are so willing to volunteer for service to others, and we give them a resounding "Hooah!"

From Murphy to Manteo at Age 79



Katy Nelson takes the last few steps of her 900-mile hike.

By Carol Banaitis, Falls Lake

"From Murphy to Manteo" - North Carolina residents often use this phrase when describing the span of the entire state. For trails enthusiasts, the phrase conjures up images of the North Carolina Mountains-to-Sea Trail (MST), a state-wide trail that originates at Clingman's Dome in Great Smoky Mountain National Park and ends at Jockey's Ridge on the Outer Banks. A 25-mile segment of the 900+-mile MST is located at Falls Lake, known as the Falls Lake Trail.

On Thursday, December 4, 2003, a cold overcast day, Falls trails coordinator and Forester Carol Banaitis witnessed the seventh person to hike the entire trail complete her final segment, ending at the Falls Lake Tailrace. Regional TV and print media, her husband Henry Nelson, representatives of the non-profit group Friends of the Mountains-to-Sea Trail, and NC Division of Parks and Recreation trails representatives were also there to greet 79-year old Katy Nelson and celebrate the accomplishment with her. She was treated to cake and sparkling cider at a picnic shelter at the Tailrace.

Ms. Nelson, of Maryville, Tennessee, began section-hiking the MST in April 2002, and over the last year and a half, has hiked the entire trail. Although

not the first person to hike the entire MST, she is the first grandmother (and great-grandmother) to achieve this goal. She averaged 15 miles per day when on the trail, according to Mr. Nelson, who was credited with arranging logistics, as well as hiking parts of it with her. She had completed part of the Falls Lake Trail earlier this spring, but was not able to hike parts of it due to high water at that time. Determined

to complete the missing sections, she returned to finish the Falls Lake Trail. When asked her opinion of the Falls Lake Trail, Ms. Nelson said it was beautiful, and also expressed her surprise at the many "mansions" that she saw adjacent to the public property through the wintry lack of foliage. She admitted that her favorite parts of the MST were in the mountains and at the sea. She has already identified her next hiking goal: the 110-mile Pinhoti Trail in Alabama.

It is worth noting that roughly forty percent of the MST follows back roads (often state-designated bicycle routes). The citizens' group Friends of the Mountains-to-Sea Trail hopes that eventually the entire trail is off the roadways and in the woods, and works towards that end. 6 of the 7 persons that have completed the MST walked the entire trail, while 1 biked portions of it. One of the thru-hikers at the gathering at the Tailrace just completed his thru-hike this fall. Jeff Brewer, president of Friends of Mountain-to-Sea Trail, acknowledges that technically, he lacks about 4 miles, due to the Hurricane Isabel-caused breach at Hatteras Island. He plans to return and hike that section now that the inlet has been filled.



Katy celebrates her completed hike with Carol Banaitis.

CREATE equality, MLK speaker urges

In a spirited speech that was as lively as a dance, Dr. Myra Shir, Professor of Communications at North Carolina A&T University, raised plenty of enthusiasm at this year's Martin Luther King Breakfast celebration.

Shir reminded the audience of 80 Wilmington District team members that equality was still a goal to be attained. Her primary recommendations were: check your assumptions and give folks a chance to show you who they REALLY are.

Dr. Shir was vivid and specific in her examples. She cited statistics that indicated people with 'black-sounding' names have a hard time even getting called for job interviews. Then she hit home with an illustration: "So, you get an application from someone named Lakisha Jackson. Now what do you think soon as you see that name? She got five babies, they got five daddies, and you gonna have mama-baby-drama? Well guess what, maybe Ms. Jackson is single, has no babies, and is working on her master's degree. Don't make assumptions!"

Looking beyond the surface to find the substance, after all, is what Dr. King envisioned when he dreamed that we would all come to be judged "not by



the color of our skin, but by the content of our character." Thanks to Dr. Shir, we'll all be a little more aware of the need to look beyond the surface and get acquainted with the real person and all the potential talents.

The District is grateful to Gloristine Price, who invited her cousin, Dr. Shir, to be our speaker. Dr. Shir will return in August for Women's Equality Day.

*"So, you get an application
from someone named
Lakisha Jackson.*

*Now what do you think soon
as you see that name?"*





From finding out about your wild neighbors to learning what words have been 'banished' from the English language, this month's list of highlighted websites covers a wide range of topics for use at work and home, and, of course, our One For Fun site. Browse the reviews then browse the websites for a wealth of information on forest history, product recalls, and a new feature from the ever-changing search engine Google.

The Humane Society of the United States: Urban Wildlife — Our Wild Neighbors

<http://www.hsus.org/ace/19400>

Do you know your wild neighbors? This website was developed by The Humane Society of the United States (HSUS) to introduce Wild Neighbors, a program that "promotes nonlethal means for resolving conflicts between wildlife and humans..." and "cultivates an understanding and appreciation for those wildlife species commonly found in cities and towns." HSUS also uses this site to introduce the Urban Wildlife Sanctuary Program (UWSP). UWSP provides individuals and communities with support and information about creating quality wildlife habitats on their property. This website contains links to urban-relevant wildlife issues such as feeding winter birds, gardens and wildlife, negative impacts of litter, and animal tracking.

Forest History Society

<http://www.lib.duke.edu/forest/>

Affiliated with Duke University, the Forest History Society (FHS) "links the past to the future by identifying, collecting, preserving, interpreting, and disseminating information on the history of interactions between people, forests, and their related resources..." Founded in 1946, FHS offers extensive resources for anyone interested in the history of forests. This website contains links to FHS archives, research and publications, U.S. Forest Service history, searchable databases, and more. The searchable databases include a sizeable bibliography "containing annotated descriptions of over 34,000 books, articles, and dissertations on topics in the fields of forest, conservation, and environmental history."

Color Brewer [Macromedia Flash Player]

<http://www.personal.psu.edu/faculty/c/a/cab38/ColorBrewerBeta.html>

Do you every find yourself having huge problems selecting the best colors for a map you are producing? Cynthia Brewer at Pennsylvania State University and Mark Harrower have created an insightful, interactive Web site to assist with these troubles. Using Macromedia Flash Player, visitors can find the perfect color scheme for their sequential, diverging, and qualitative maps. The site also provides advice on which colors work best for your purpose — whether it is to accommodate color blindness, photo copy, print, or exhibit on a projector, a LCT display, or a CRT screen.

NIHSeniorHealth.gov

<http://nihseniorhealth.gov/>

The National Institute on Aging (NIA) and the National Library of Medicine recently launched NIHSeniorHealth.gov, a website developed from NIA research on older adults, cognitive aging, and computer usage. This easy-to-use website "makes aging-related health information easily accessible for adults 60 and older" and serves as "a useful tool for family members and friends who are seeking online health information for their older relatives." Topics covered include Alzheimer's disease, arthritis, exercising for older adults, and more. The website offers several options for enhancing usability, including a virtual voice that reads all text aloud. Visitors may also watch video clips (captions available), take short quizzes, or follow links to MEDLINEplus websites for more detailed information.

Google Adds New "Search by Number" Feature

<http://www.google.com>

Google is now offering five ways to search for discrete types of classification numbers — UPS tracking numbers, FedEx tracking numbers, FAA airplane registration numbers, patent numbers, and FCC equipment identification numbers. Here are the new search offerings. Note the syntax for entering different numbers.

Here are the new search offerings. Note the syntax for entering different numbers.

- UPS Tracking numbers — Enter the tracking number directly, for example 1Z9999W999999999.
- FedEx Tracking Numbers — Enter fedex, a space, and then the tracking number, for example fedex 999999999999.
- Patent Numbers — Enter patent, a space, and then the tracking number, for example patent 5123123.

Recalls.gov

<http://www.recalls.gov/>

Six federal agencies (the FDA, USDA, and several others) have joined together to bring recall information to the American public. The site is user-friendly, as visitors can click on one of six tabs (such as Consumer Products, Boats, or Food) to find out current information on current and recent recalls from across the United States. Includes the ability to sign up to receive electronic newsletters and updates from the appropriate agencies when various products are deemed unsafe or when a recall is issued.

One For Fun!

The Banished Words of 2004! And 2003, and 2002, and 2001, and...

<http://www.lssu.edu/banished/>

Every year the folks at Lake Superior State University get together and banish a whole bunch of words from the English language — the words that were the most overused, overbearing, and just plain irritating, like "bling bling," "LOL," and "sanitary landfill." This year was the 28th issuance of the List of Words Banished from the Queen's English. Includes an archive of past lists and some printable PDF posters.

Reaching Out

W. Kerr Scott hosted its annual Youth Hunt on November 8. Held at Marley's Ford Wildlife Management Area, 14 youngsters and their parents' bagged 6 deer.

In October, the staff of W. Kerr Scott received an award from the NC Big Sweep organization for their outstanding community participation during this year's program. Held on September 20, 150 of the 254 National Public Lands Day participants cleared 22 cubic yards of debris from the lakes coves.

Jared Eatmon earned his Master of Arts in Geography from Appalachian State University in December. Jared also took the leap into career status by accepting a permanent park ranger position at W. Kerr Scott.

Miriam Fleming worked as member of the production crew during the recent filming of the Battle of Stone's River. Produced by the National Park Service's Harper's Ferry Center, the film documented one of the most crucial and least known battles of the Civil War that created a continuous supply depot for the Union Army into the south during the early months of the war. The film can be seen beginning this summer at the Stone's River National Battlefield Visitor Center located in Murfreesboro, Tennessee.

Corps Family News

Steve Jones, an electrical engineer for the John H. Kerr Resident Engineers Office, and his wife Betty have welcomed the newest member of their family Nathan Daniel Jones. Nathan was born at 1:52 am on January 23, 2004. He weighed in at five pounds, nice ounces. Nathan surprised his family by being born 5 weeks early. Mother and son are doing well.

The winner of the second quarter safety slogan contest is William (Bill) Coe. The winning slogan is "No Safety - Know Pain! Know Safety - No Pain!" Congratulations Bill! This is his fourth of fifth winning slogan.

The Federal Women's Program will have two Lunch and Learn Agendas in February. The first happens February 4th from 1130-1300 in the Main Conference Room and is a presentation of benefits and entitlements and Resumix. Other topics will include what ABC is, questions and answers for TSP and what MyPay is used for. The second Lunch and Learn Agenda happens February 11th from 1100-1330 at W. Kerr Scott. Topics will be the same.

Corps folks at Falls/Jordan volunteer to cut and split firewood.



Hurricane Isabel toppled a large white oak near one of our hiking trails and provided the opportunity. The team decided use part of their Martin Luther King holiday for this community service project. Just under two full pickup loads of split oak firewood was used for Warmth for Wake for Wake County low-income households. It was estimated that the donated wood might provide as much as a month and a half of heat for a household.

— Retiree News —

15 in attendance: Kay and Buddy Johnson, Sylvia and Rex Phillips, Bettye and Bob Swart, Audrey Sanderson, Gloria and Paul Woodbury, Dan Grimsley, Gwen and Max Grimes, Lloyd "Pat" Tyndall, Joe Lewis, Bob Doetsch.

After learning that Chriss' Restaurant would be closed on the 1st of January, Buddy Johnson made some contacts and set up a meeting at Whitey's. It was just as well, because the group was still looking for a meeting place. After a very nice meal, the decision was made that Whitey's is the place. The only big change is that the meeting time has been changed to the second Thursday in the month instead of the first Thursday.

It sure was great to have Audrey Sanderson with us this month. She had come back home to spend some time with Kay and Buddy. Her main requirement of Buddy was that oysters would be made available. Of course, Buddy accommodated, and they were thoroughly enjoyed. Her son Billy and family are doing just fine. Billy is looking and acting more like his Dad as he grows older.

Gloria and Paul are just back from Christmas in Colorado with their grandkids, stating that it was cold, dry, windy and wonderful.

Bettye and Bob had their children and grandchildren with them for Christmas. They had a wonderful time celebrating the Lord's birthday. Hay New Year to all!

Pat said that he had gotten lost in downtown Scotland Neck on Christmas Eve while shopping for his family.

Joe Lewis and Bob Doetsch were considerably late arriving for lunch, almost like they had forgotten the meeting or maybe it's a little too far into town and maybe they just got lost. This age thing will play tricks on a body. It was good to have Gwen Grimes around to hold Max down.

Recreation Committee 2004 Goal: District-Wide Involvement

Justin McCorcle and the volunteer committee he heads have big plans for this year in the recreation arena. He'd like to see more people come together, not only from within the District headquarters, but from the projects as well.

"We have a District where about half the employees aren't within these walls," he said. "It's difficult trying to find ways to keep them involved and to make them feel part of the family, but I'm hoping that through the rec committee we can find opportunities to make those people feel like a vital part of the District."

One way he hopes more people from around the District will get together is during the biggest event of the year, Corps Day that happens June 11th. Other events that he feels those from outlying areas should make an effort to attend are the District Engineer Cup golf tournament and the annual Christmas party that is already being planned.

At the headquarters building the annual chili cookoff will lead a series of monthly events on February 5th. McCorcle expects another good turnout from those with discriminating tastes and excellent culinary skills.

"There's going to be a lot of food, good food. And last year a lot of people brought in some really good food! Don Carmine had some noodles that went with his chili called 'Cincinnati Style'. Tony Carter did a venison chili, and there were vegetarian chilis."

For those who are somewhat immune to the hot stuff McCorcle expects Jeff Whiting to do a repeat of his annual "Black Bean Lava Habenero 'Clean-Out-Your-Insides'" Chili. But the one to beat this year, according to McCorcle, is last year's winner, Diane Boswell who has risen to the challenge.

"Diane is beatable!" he says affectionately. "It was close last year, but people have different tastes and it could come down to a few people. I think the race is wide open."

Bring it on?

"Bring it on! I've got my grandma's recipe that I tried over the holidays, so if I can perfect it I'm going to try for it."

Other committee fund raising events include a coffee mug sale, a cookbook sale, and "something green" for Saint Patricks Day.

"I think here, in particular, we have a relatively small Corps office and that provides us with the unique opportunity to really get to know just about everybody, but we're not going to do that on our own. And we don't see everybody everyday because sometimes we only work with parts of the team. So, I think it's very important to have an organization that provides an opportunity to get to meet the other people in your office who you don't work closely with day to day and that doesn't necessarily have to end at five o'clock."

The Chili Recipe to Beat

- 1 lb. Hamburger
- 2 cans Chili Beans
- 1 can Diced Tomatos
- 1 can Tomato Paste
- 1 can Tomato Sauce
- 1/2 cup Bell Pepper
- 1/2 cup Celery
- 1 Small Onion
- 1 tsp Chilli Powder
- 1 tsp Oregano
- 1 Tb Sugar
- 1 tsp salt (to taste)
- 1 tsp pepper

Brown hamburger and drain. Combine the other items in pot and bring to a boil. Add your hamburger and simmer for about an hour or two or until the celery and bell pepper is done.

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