



# NEWSCASTLE



Vol. 26 No. 4

U.S. Army Corps of Engineers, Los Angeles District

April 1994



Ruth Villalobos, Environmental Resources Branch chief, discusses career packets with interested audience at recent Federal Womens' Program-sponsored workshop.

## Commander Introduces New Chief of Staff . . .

We are really pleased Lieutenant Colonel Jerry Dittman has joined us as part of the command team at the Los Angeles District. I know he has been around to see many of you since he arrived last January but there are still some of you who haven't met him. That is why I want LTC Dittman to use this month's Commander's Column as an opportunity to let us know what his philosophy is as Chief of Staff.

The position of Chief of Staff is a very important position. I consider that individual to oversee the day-to-day operation of the District and to help build team work among the different staff elements. I ask you to give LTC Dittman your total support as you have given to me in order for him to be successful in fulfilling his goals. Please join me in welcoming LTC Dittman to the Los Angeles District.

I appreciate the opportunity Colonel Van has given me to convey to you a little more about myself, what I believe, and how I operate. Initially, I was apprehensive about accepting a job in the Los Angeles area, having just watched the riots and brush fires on television in the safety of my central Texas home. However, after getting to know you better (thanks to a crash course in emergency response via the earthquake), I feel very fortunate to be a member of your team. From my first day in the District, you have all impressed me with your high level of professionalism, motivation, and competence. It is a pleasure to get up in the morning and come to work with you (although I do not enjoy the commute from Arcadia).

On the personal side, I grew up in western Pennsylvania in the heart of steel country. At night the sky was orange from the open hearth furnaces in the steel mills over the hill from my home in the river valley, and in the winter the snow was flecked



with black soot. Most of the people I knew worked in the steel mills. In fact, one of my grandfathers was a coal miner and the other was a steel worker. I am the oldest of eight children (4 boys & 4 girls). Somehow, my father and mother kept us together and provided for all our needs. My father worked two jobs while I was growing up, refusing to go on welfare (although we did get the free cheese), and I worked for minimum wage as a hardware store clerk through high school. Knowing I had to make my own way through college, I applied for various scholarships and grants. Fortunately, a local congressman nominated me for West Point in 1973, and I was accepted. I've worn a uniform ever since.

Colonel Van has recently charged me with being his full service deputy and chief of staff. In that capacity, I'll work with the various division and office chiefs to ensure all necessary coordination is made between staff elements on all major district undertakings. However, I will not duplicate Brian Moore's efforts to synchronize the staff on program and project management related actions. I want to free the District Commander from having to worry about "house keeping" type functions so he can focus his efforts on more important issues. I'm also here to learn as much as I can about every facet of District operations in case I am fortunate enough to be selected for district

command some day. Please do not take offense if I ask you questions about something in your area or if I ask to read regulations or policy guidance, because it is part of my learning process and not a lack of confidence in you.

You will find that I like to get things done, and you should discover I do not have a problem making decisions. If I have a shortcoming, it is that I am not a big fan of studying problems for an extended period of time. If you have a problem and want my assistance, do your homework and bring me your recommended solution(s) along with the problem. Common sense should prevail in all our actions, so if something doesn't pass your common sense test, question it. Regulations and policies are not infallible, and they all have a higher authority to whom we can appeal for relief if application of the policy or regulation violates common sense. Look for ways to do the right thing, not why you can't. Don't be afraid to take the initiative. I'd much rather have to rein someone in a bit than push them to do their job. The greatest compliment I give a person is to refer to them as a "fire and forget weapon", meaning once I give a person a task, I do not have to worry about it being done right. Finally, I hope all of you enjoy your job as much as I have enjoyed my first four months in the District, and I look forward to working with you over the next few years.

### Health Program Survey Set

The Office of Personnel Management will survey customer satisfaction with the Federal Employees Health Benefits Plan. Questionnaires will go out to selected employees at the end of April. Results will be available during the 1994 open season.

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## NEWSCASTLE

**COMMANDER**  
COL. Robert L. VanAntwerp Jr.

**CONTRIBUTING EDITOR**  
Jim Myrtetus

**PUBLIC AFFAIRS OFFICER**  
Bob Armogeda

**CONTRIBUTING EDITOR**  
Jennie Ayala



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## District economist wins coveted Toastmasters title

Mona King, an economist with Planning Division, won first place in the Toastmasters District 52, Division "D" Impromptu Speech Contest recently. The contestants in the Division "D" competition were winners in three recent area speech contests.

The three areas consist of 28 Toastmasters clubs located in the downtown Los Angeles area.

King works in the Water Resources Branch, Economics Section of Planning, and her job title is regional economist. She hails from Sitka, Alaska, attended grade school in Anchorage; middle school and high school in John Day, Oregon and graduated from Lewis and Clark College, Portland, Oregon, earning a bachelor of science degree in Economics, graduating with honors.

She started her Corps experiences with an assignment at the Mobile District from 1989-1993; 1985-1989, Portland District and from 1981 to 1982, she served as congressional



page.

King acquired the first step in Toastmasters qualification, Competent Toastmaster, in April. She has begun working toward the next level, which is described as Able Toastmaster, which is the first category;

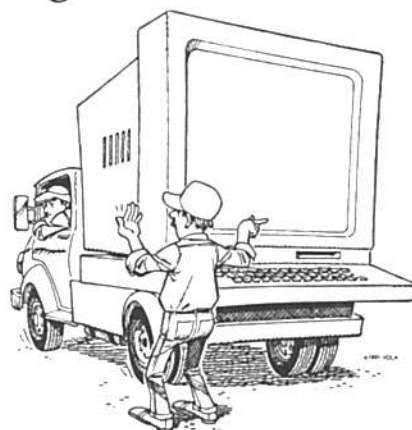
the next two are Able Toastmaster Bronze and Able Toastmaster Silver.

Ed Louie, Environmental Resources Branch, invites people interested in Toastmasters to give him a call at 0239.

## Commander tasks new "Tiger Teams" with vital mission

OK, so that old IBM-PC ain't what it used to be? You say you need more computing power? Well, the time has arrived... or, well, the time IS ARRIVING. FY 1994 will bring about an unprecedented upgrading of our District's desktop computing power. The aging PCs and XTs (some having served us for more than a decade), and most of the '286 systems in the District, are heading for that great silicon beach in the sky.

The new computers are all Zenith '486 systems humming along at 66MHz. Now that's f-a-s-t! All of them sport 16Mb RAM, hard disks exceeding 400Mb, and most have component processing unit (CPU) memory of 512Kb. It was only a year ago, that these specifications represented the pinnacle in PC performance. These computers will become the standard of the Los



Angeles District, with enough power and capacity to serve most user's needs for years to come.

We're talking hundreds of new computers. Many will replace existing systems. Computers that still have life in them may "trickle down" to other users, whose present systems have become outdated. The Information Management Office (IMO) has never had to deal with so

much new equipment in so short a time period. This extraordinary situation has called for an extraordinary effort.

In October, Colonel Van requested a team be formed, with representatives from all parts of the District. Individuals worked with IMO on this "mother of all procurements." The group, called the "Tiger Team", have been inspired and guided by Captain Tom VanAlstyne. Members of the team have worked closely with IMO to define the "needs" of their organization, to develop the supporting documentation, and to help coordinate the deployment of new systems.

The Tiger Team includes:

Emmanuel Molina, Mark Harvey, and Mark Sudol - Construction Opera-

(continued on page 5)

## IMO gets new deputy who will serve double duties

Maria Molina becomes IMO's newly assigned Deputy Information Management Officer. The promotion will require her to wear two hats in performing a dual role, one as branch chief and the other as Deputy to Pat Holmes, Chief, IMO. As a branch chief, Maria will manage and supervise operations for visual information, computer operations, telecommunications, mail distribution, library services, and customer assistance. As Deputy to the Chief of IMO, Maria will assist in supervising the Information Management Office operations.

She previously worked as a Computer Specialist for the Information Requirements and Planning Branch, Policy and Planning Section, IMO. She began her government career at the White Sands Missile Range in New Mexico, where she worked as a clerk; she has also worked in Philadelphia and Dallas.

Maria received a bachelor of science degree from the State University of New York. She also attended Los Angeles City College and New Mexico State University. She is a



**Molina attends Career Workshop with her new "boss,**

**" Pat Holmes.**

member of the Association for Computing Machinery and the Institute of Electrical and Electronic Engineers Computer Society. These organizations are committed to promoting computing technology awareness.

In the past two years, Maria has received a performance award and an on the spot award for her work in the Information Management Office.

Congratulations, Maria!

## "Tiger Teams"

(continued from page 4)

tions

Tina Frazier - Contracting, Kerry Casey, Gerhard Krueger - Engineering,

Shane Brady - Planning, Carrie Hill - Project Management Office, Noreen Dean Dresser - Real Estate, Ramon Andujo, Lisa Ayala - Resource Management, H.L. Eagles - Small Offices, Bob Jones - Information Management Office, and coordinators from the IMO. Any questions regarding specific computers may be directed to the aforementioned individuals.

The Tiger Team is only half the story though. Over 300 computers will eventually be purchased and

fielded during this venture. Captain VanAlstyne will direct a deployment team made up of Mike Cashman, Customer Assistance, and up to 10 Air Force and CASU personnel.

## Computers, Computers, Computers!

The deployment team will be responsible for preparing and delivering these systems to our customers. Eighty seven new computers have already been delivered. Another seven were prepared and diverted to earthquake support offices, and another 12 were

prepared and temporarily diverted for critical training needs.

Where are the rest of the computers? You may be wondering. Well, the Corps has done all it can to hasten their arrival. But Zenith, the Desktop IV contractor, has not been able to keep up with the DOD demand for its high-performance,

low-priced computers. The good news is that more of the computers are on their way to us now. The bad news is that the trucking strike may further delay their arrival.

While we wait for the arrival of new computers, the Deployment Team has busied itself preparing, delivering, and setting up dozens of new laser printers.

## Garrison Commander tours Huachuca project



**Captain Mary Spellman (left) greets Colonel Kelsey before his tour of the family housing project. Spellman is assistant resident engineer at Huachuca and will temporarily serve as acting resident engineer.**

**Waiting for the arrival of Colonel James H.P. Kelsey, Fort Huachuca garrison commander, are Jim Heil, Project Manager, SELCO Inc., contractor for the family housing project; Kevin Jorgenson, construction representative for R.W. Beck, Fort Huachuca Resident Office; Charley Kishbaugh, acting resident engineer; and Captain Mary Spellman, assistant resident engineer.**



### Upcoming Sports Events

Event	Location	Date
8 mile run	Huntington Beach	7 May
5K run	Burbank	21 May
8K & 1/2 marathon	Newport Beach	22 May
10 to 40 mile bike	Palos Verdes	22 May
Trail race	Mt. Wilson	28 May
5 mile run	Ventura	4 Jun
Run, bike & swim	Mission Viejo	5 Jun
100 mile bike	Redlands	11 Jun
3 mile run & walk	Long Beach	11 Jun
25 to 80 mile bike	Yorba Reg. Park	12 Jun
10 to 50 mile bike	Ventura	18 Jun
5K run & walk	Gardena	19 Jun

## Recognizing March Team Players

### Special Act Award

Sofjan, Bahaudin PM  
Lizbeth H. Miller, PPMD

### Performance Award

Henry Watson, Jr. LMO  
Anna L. Davis RMO  
Geraldine N. Prancitas RMO  
Helen Smith RMO  
Myron Jacobs RMO  
Gabriela D. Paredes RMO  
Carlos M. Tabares RMO  
Nina Presley PD  
Lisa Morales PD  
Veronica A. Perez PD  
James D. Myrtetus PAO  
Sandra A. Sherman Engineering  
Harvey W. Beverly Engineering  
Terry Wotherspoon Con-Ops  
Lynne M. Barre Con-Ops  
Andrea D. Collins Con-Ops  
Kathleen J. Rabet Con-Ops - March AFB  
Jacqueline U. Jones Con-Ops - Upland  
Martha M. Sanchez Real Estate  
Maybelle C. Hampton Real Estate  
Reva H. Waldron Real Estate

### On the Spot Awards

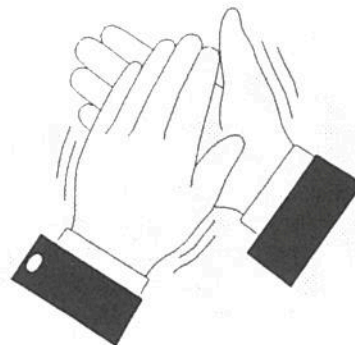
Brian A. Whelan PD  
Mona J. King PD  
Sandra Trejo PPMD  
Curtis J. LeBlanc IMO  
John W. Redfern IMO  
Yolanda Ancheta IMO  
Petra C. Castillo IMO  
Phoebe F. Chen IMO  
Randy K. Skarseth IMO  
Gretchen Wotherspoon IMO  
Linda A. Chew IMO  
John E. McMaster, Jr. IMO  
Glenn A. Emigh IMO  
Cheryl A. Wong IMO  
George K. Toyama IMO  
Sabas Vargas IMO  
R. Marie Lampkin IMO  
Nino J. Issakhan Con-Ops  
John A. Keever Con-Ops - March AFB  
William T. Gallegos Con-Ops  
Albert H. Oshaughnessy Con-Ops  
Hector A. Angeles Real Estate  
Debra A. Escamilia Real Estate  
Nancy A. Debele Real Estate

### Quality Step Increase

Julie Valdez RMO

### Value Engineering Award

Thomas E. Kirkpatrick Contracting-March AFB



(All awards may not have been distributed to date.)

## DOD Announces Smoke-Free Workplace Policy

The Department of Defense has announced that it is implementing a far-reaching smoke free workplace policy that will ban smoking of tobacco products in all DoD work facilities worldwide.

The new policy, signed out by Undersecretary of Defense for Acquisition & Technology John M. Deutch, became effective on April 8, 1994 and covers all uniform personnel and civilians. Smoking will continue to be allowed in military barracks, family housing, prison quarters, clubs, recreational areas and restaurants. The DoD has nearly three million employees, making it the largest employer in the country.

Deutch's office, specifically his deputy for environmental security Sherri Wasserman Goodman, is charged with overseeing and reviewing the implementation of the policy. The policy is intended to meet three objectives:

- ★ The first is to provide a safe and healthy workplace for all DoD employees. Both the National Institute for Occupational Safety and Health and the Environmental Protection Agency have reported that second-hand smoke from the burning of tobacco products is a major source of harmful indoor air pollution and a known cause of lung cancer, respiratory illness, and heart disease.

- ★ The second objective is to contribute to the readiness of the armed forces. Military personnel will be healthier, money will be saved through reduced health care costs, fewer hours lost to sickness and maintenance expenses will be reduced for many DoD buildings.

- ★ The third objective is to be a leader in creating a smoke-free workplace. Last year, the EPA recommended that "every company have a smoking policy that effectively protects nonsmokers from involuntary exposure to tobacco smoke."

At the local level, District office memorandum 1-1-16 covers the Los Angeles District Smoking Policy. It

follows all of the Department of Defense guidelines, as reflected in DOD Instruction Number 1010.15, which outlines the scope, policy, definitions and responsibilities.

The District memorandum says that smoking is prohibited in the following areas:

- ★ Work areas, including private offices
- ★ Restrooms
- ★ Conference, meeting and

**Letter to the Editor:** Enjoyed March 1994 issue of Newcastle; also composite drawing of some Black Americans of historical note in observation of Black History Month. However, we being the Corps of Engineers, I was a little surprised not to see any notable Black engineer in the composite. I would nominate Benjamin Banneker (1731-1806).

While there is no "official" designation, in my estimation he is the "Father of American Surveying". Some would, no doubt, name George Washington. However, Washington went surveying for only a brief period in his youth.

Banneker was a life-long professional surveyor, mathematician, scientist, horticulturist, inventor, etc.—in other words, a Renaissance Man of the Colonial period. For many years he published an annual Ephemeris—the astronomical tables which surveyors depend on for much of their work.

One of his notable contributions to the nation: he was the surveyor who laid out the national capital city at Washington.

He was born at Ellicott's Mill, Maryland, the son of a free Black tobacco farmer. He farmed too, until about age 30, when he began his self-education, with mathematical and scientific books lent to him by a neighbor, Major Ellicott.

Once he developed that thirst for knowledge, there was no stopping him. My personal interest: as a surveying technician and a cartographic technician, I have always

training rooms

- ★ Corridors, lobbies, elevators and stairwells

- ★ Government vehicles

Carrying a lit pipe, cigar or cigarette in any of the places listed will be considered a violation. Smoking will be permitted outdoors of all Federal facilities and the cafeteria located on the third floor of the Federal Building.

admired his history, and regarded him as something of a role model.

R. Nagle

### Editors note:

Thank you very much for your Letter to the Editor on Benjamin Banneker. It was the most cordial, and informative, Letter to the Editor I have received lately.

### Letter to the Editor:

I'd like to thank the military and civilian employees at the Corps of Engineers for their generous support to the Women in Military Service Memorial Foundation during the Combined Federal Campaign. Their contributions will be used to build the national memorial at the entrance to Arlington National Cemetery honoring all military women.

Those individuals at the Corps of Engineers who contributed to our Foundation and agreed to release their names and addresses to the CFC will receive individual thank you letters. However, we realize that many anonymous donors designated the Women's Memorial, and we have no way of knowing who they are. Through this letter, we say "thank you." Your generosity means that we will break ground this fall.

Sincerely,  
**Wilma L. Vaught**  
 Brig. Gen., USAF (Ret.)  
 President  
 Women in Military Service

## Armed Forces Day Message From the SecDef

To all the men and women in America's uniform around the world, I want to express the nation's deepest appreciation on this Armed Forces Day. Our nation lives in peace and security thanks to the service, courage and sacrifice of you and your families.

The theme for this year's observance -- "Peace Through Readiness"

— has guided the defense of America's freedom from the day it was secured. As President George Washington said in his first annual address to Congress, "To be prepared for war is one of the most effectual means of preserving peace."

These words strongly resonate today. We've consigned the Cold War to history, but we face a diverse set of national security challenges. These challenges demand a strong, flexible military force that's ready to deter or defeat aggression at a moment's notice.

We have that force today. You are proud, professional members of the best-trained, best-equipped, best-

prepared fighting force in the world. I join in President Clinton's commitment to maintain our powerful edge as we make the transition to a military that's sized and structured for the new era.

You've dedicated your lives to protect and defend our country. We're dedicated to ensuring your readiness and quality of life. You can take great pride in your service to the nation; we take great pride in you. You are the vanguard of "Peace Through Readiness."

William J. Perry



# May is Asian-Pacific Islander Heritage Month

May has been designated Asian Pacific Islander Heritage Month and an outstanding schedule of activities is planned. Opening ceremony will be held in the Roybal Courtyard at 10 a.m., May 12.

The keynote speaker will be Judy Chu. Judy earned her Doctorate in clinical psychology and is currently a professor in the Psychology Department at East Los Angeles College in Monterey Park. She is also the councilwoman and has been sworn in as mayor of the City of Monterey Park. Her theme is, "Asian Pacific Islander Empowerment in the Electoral System".

Col Van will deliver the opening remarks at the opening ceremony.

The following are activities that will take place during the month of May Asian Pacific Islander Heritage Month celebration:

## May

## Schedule

- 12th** Opening ceremony at 10 a.m. in the Roybal courtyard.
- 18th** Brown bag lunch with Col Van at 11:30 in the Executive Conference Room 6123.
- 19th** Fourth Annual Asian Pacific Islander Heritage Month Luncheon, presented by the Asian Pacific Islander Public Employees Coalition.  
 Cost: \$10.00 per person (includes tax and tip)  
 \$15.00 at door  
 Place: Shangri-La Restaurant, 313 S. Boylston, Los Angeles  
 Time: 11:30 a.m. Registration  
 11:45 a.m. Luncheon  
 12:15 p.m. Welcome  
 12:45 p.m. Closing  
 Registration deadline: May 16, 1994
- 24th** 11:00 a.m. - Federal Building lobby: art and calligraphy exhibits
- 25th** Tentative field trip to the Pacific Asia Rim Museum in Pasadena  
 Cost: \$3.00 per person  
 Depart Federal Building: 11:00 a.m.  
 Return to Federal Building: 1:00 p.m.  
 Van transportation may be provided by Corps of Engineers

The program is still open for suggestions and we need volunteers to make this celebration an eventful one. Please do not hesitate to call Phoebe Chen, 4493 or Ed Louie, 0239 for suggestions and/or support for this upcoming Asian Pacific Islander Heritage Month of celebration!

## Nutrition Facts

### Chili and Beans

Serving Size 1 cup (253g)  
 Servings Per Container 4

#### AMOUNT PER SERVING

Calories 260      Calories from Fat 70

#### % Daily Value\*

<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 3g	<b>17%</b>
<b>Cholesterol</b> 130g	<b>44%</b>
<b>Sodium</b> 1,010mg	<b>42%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	

**Protein** 25g

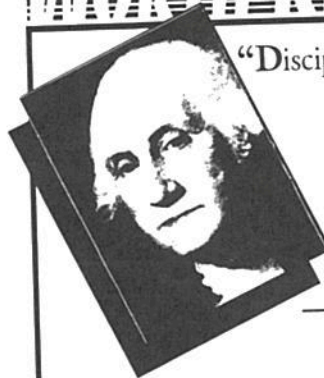
<b>Vitamin A</b> 35%	<b>Vitamin C</b> 2%
<b>Calcium</b> 6%	<b>Iron</b> 30%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

CALORIES:	2,000	2,500
Total Fat	<65g	80g
Saturated Fat	<20g	25g
Cholesterol	<300mg	300g
Sodium	<2,400mg	2,400mg
Total Carbohydrate	300g	75g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 — Carbohydrate 4 — Protein 4

## WORTH REPEATING



"Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all."

—George Washington  
 (1732-1799)  
 U.S. general, president

# SPORTS, HEALTH



# ENTERTAINMENT

## District Hosts "Spring Festival" Invitational Meet

Greetings. On behalf of the Cross-Trainers Club, I am pleased to welcome the 1994 3rd Annual Los Angeles District "Spring Festival" Invitational Track Meet to be held at East Los Angeles College, 1301 Brooklyn Ave., Monterey Park, May 7, Saturday morning, from 9:00 a.m. - 1:30 p.m.

We are proud to host an event that brings together Divisions within the Los Angeles District in the spirit of camaraderie, competition, health and fitness. This will be the last sponsored Cross-Trainers event due to the high cost of rental for the stadium. The Cross-Trainers will again, as in the "Fall Classic" track meet in October 1993, pay this rental fee for the last time. This will also be our last time to say a "fond farewell" to the VanAntwerps, so come out and participate in this fun event.

Participation medals will be given to all those who participate in the track meet. However, in order to offset the cost of the medals, those wishing to receive a medal must pay either Ed Louie, 0239 or Sandra Estrada, 0175 to reserve one. Track meets will come and go, but a medal to commemorate the event will be memories lasting forever. The cost per medal will be \$3.00. The deadline to order a medal will be 29 April 1994.

The five major Divisions in Los Angeles District that will be involved in the competition are Construction-Operations, Engineering, Planning, the Fit-to-Win Program, and the Executive Office consisting of

Special Assistants, Advisory & Administrative Staffs (i.e. EEO, Office of Counsel, IMO, LMO, etc.).

The scoring for the track meet will be based on an age-graded scale, (you get handicap points for being old). Friends and family members are encouraged to participate.

Please sign up with the event coordinators, Ed Louie, CESPL-PD-

RQ, x0239 or Sandra Estrada, CESPL-PD-WE, x0175 with your age (all ages will be kept confidential). Participants who do not provide his/her age by race day will NOT benefit from the age-graded scale.

**ED LOUIE**  
Event Coordinator

Time	Events	
9:00 a.m.	Discus/Shot Put (men & women, all ages)	participants for the Push-Ups, Sit-Ups events
9:45	Instructions to all participants, warm-ups	11:25 Push-Ups (men & women, all ages)*
9:50	One Mile Run (men & women, all ages)	11:45 Sit-Ups (men & women, all ages)*
10:15	3-Lap Sprint (1st runner - 200M, female; 2nd runner - 200M; 3rd runner - 400M; 4th runner - 400M, one runner must be female in addition to one runner being 40 years or older.)	12:00 Two Mile (men & women, all ages)*
10:30	200M Dash (women, 29 & under)	12:30 p.m. 100M Dash (women, 29 & under)
10:35	200M Dash (women, 30 & over)	12:35 100M Dash (women, 30 & over)
10:40	200M Dash (men, 29 & under)	12:40 100M Dash (men, 29 & under)
10:45	200M Dash (men, 30 & over)	12:45 100M Dash (men, 30 & over)
10:50	800M Dash (men & women, all ages)	12:50 Long Jump (men & women, all ages)
11:15	Instructions to all	1:20 400M Dash (men & women, all ages)
		1:25 4x100M Relay (each runner runs 100M, one runner must be female in addition to one runner being 40 years or older, lead-off runner must be female)
		1:30 Conclusion of Track Meet

## Marine Corps Men, Army Women Claim Service Hoop Titles

By Sgt. 1st Class Steve Barrett, USA  
American Forces Information Service

The Marine Corps and the Army captured basketball championships at armed forces basketball tournaments held in mid-March.

Marine SSgt. Ronnie Gipson fired in 28 points as the Marines upended Army 92-81 at Alameda Naval Air Station, Calif. Gipson got scoring help from Sgt. Timothy Wilson's 13 points and Sgt. Kenny Evans' 12 in giving the Marines a 3-1 record in the eight-game, double-elimination tournament.

The Marines grabbed a 52-45 halftime lead, using their bench strength to counter efforts by Army's Spc. Eric McLaughlin and Spec. Carl Curry. Although the Army pair

outscored Gipson and Wilson 34-29 during the opening period, the Marine bench provided balanced scoring while limiting Army's bench to nine points.

That balanced scoring and solid defense continued into the second half as Gipson, Wilson and Evans paced the Marines to the 1994 title. The Marines stopped Army's two main scoring threats, holding McLaughlin and Curry to eight points each.

Marine Corps substitutes LCpl. Adrian Bowie and SSgt. Darryl Dyer also contributed, combining for 13 second-half points.

McLaughlin tied Gipson for high scoring honors with 28 points. Curry added 22. Army also got 10 points each from Spec. Larry Coats and Spc. Mario Clayton.

The championship game marked the third meeting between the two teams in the four-team tournament. The Marines defeated Army 104-102 in the second round, but then lost to Army 122-103. That Army victory forced an "if-necessary" contest.

In earning the title, the Marine Corps defeated Navy 113-87, then played three successive games against Army. Army (3-2) defeated Air Force 108-104 in its first-round game. Army lost to the Marines, then squeaked by Air Force again by the same 108-104 score to earn a second shot at the Marines.

Navy then surprised Air Force in the tournament consolation game, taking a 102-92 win behind SM2 Jon Walker's 28 points.

At Fort Indiantown Gap, Pa., Army SSgt. Countess Irvin and Sgt. Cassandra Howard combined for 40 of their team's 63 points as Army easily defeated Air Force 63-47 in the women's championship.

Army's victory was a combination of good free-throw shooting and solid defense. Army took advantage of 21 Air Force personal fouls to nail 28 of 38 foul shots in the 16-point victory. This included 13 of 17 free throws in the final period.

Irvin, who led all players with 23 points, canned eight of nine free throws and scored 14 in the final period, pacing Army to the title.

Army's defense also played a key role, limiting Air Force to one shot per possession and keeping all but one player under 10 points.

A1C Tracey Kinton paced Air Force with 17 and scored half of Air Force's 18 second-period points. Kinton got little help from her teammates as Army defense kept Air Force off the boards, forced turnovers and drew fouls.

Solid inside play by Howard and Irvin gave Army its 34-29 halftime lead. Working under the basket, Howard scored 13 of her 17 points in the opening period. Nine of those points came from the foul line, fouled while driving to the basket.

Army earned the title by first defeating the Marine Corps 104-72. Army then beat Air Force 61-58 to earn a slot in the finals.

Air Force edged Navy 67-65 in a first round game before falling to Army in the winner's bracket final. Air

(continued on page 13)

### US Army Corps of Engineers Los Angeles District - Golf Club

#### WINNER

	Flight A	Flight B	Flight C
1st	G. Mashburn	M. Tate	D. Sanchez
2nd	G. Beams	N. Adelmeyer	T. Kitamura
Least Putts	G. Itow	P. Snipes	C. Ruiz
3rd	C. Bochmer	J. Crum	F. Hubel
4th	J. Womack	L. Thompson	R. Kobashigawa
5th			S. Vaughn

Low Gross: J. Womack - 74

Next Tournament: Hansen Dam  
7 May 94: Saturday  
8:30 am start  
Costs: \$26.00

Jim Crum, President

## Must Be Something I Can Do On My Off-Time!

The Public Affairs Office gets discounts on a weekly basis, even sometimes on daily basis, for various events taking place in the southern California area. You will need to stay in contact with Public Affairs to see what we have because it changes more often now.

An effort is being formulated at this time to expand the offers we can provide on morale, welfare and recreation benefits. When we organize it and get it rolling, we will be happy to give you a complete informational package. Watch your Newcastle for an update, soon we hope!

At this time, we have the following discount tickets and value kits:

★ **Sea World has provided us with a 1994 San Diego Vacation Value Kit. With this book of tickets/coupons, you can save a bundle on hotel, attraction, retail and dining at Sea World. (Ask about Shamu Club membership also).**

★ **Discount tickets are available for the musical, Ruthless, playing at the Canon Theater, 205 N. Canon Drive in Beverly Hills. Prices and all necessary information is printed on the tickets.**

★ **San Diego Zoo and Wild**

### A More Efficient Heart

At rest the normal heart beats at a rate of approximately 70 beats per minute. That means that your heart beats an average of 100,000 times each day. By exercising and strengthening your heart, you may be able to decrease your daily heartbeats by as much as half that amount. This indicates that your heart is working more efficiently, i.e. it takes fewer beats to supply the same amount of oxygen to the rest of your body. In other words, by improving the condition of your heart, you can reduce its work-load thereby helping it to perform more efficiently.

Animal Park has a 10 percent savings card you can pick up at PAO and it is valid through Jan. 2, 1996.

★ **Universal Studios, Hollywood, Fan Club membership cards are still available and it provides you with various discounts and special offers. (Look on the back of the card for all of the benefits offered).**

★ **The ever-popular Walt Disney Magic Kingdom Club membership is still available also. This one offers a variety of special continuous and seasonal discounts. If you go as an individual, you save, but if you go as a family or a group of friends, you can save a consider-**

able amount of money.

★ **Six Flags Magic Mountain has a V.I.P. Card which gives you discounts on certain days of the week. Look on the back of the card for a breakdown of all the benefits offered.**

All of your youngsters, and even some of you adults if you wish, can be a member of Knott's Berry Farm's Adventures' Club and can share in the Snoopy's Saving's being offered through Dec. 31st of this year. We have the cards.

Call us at 5320 and we will tell you what we have, if something new has come in and if a previous offer has expired or has been even expanded.

## Army women capture hoop title titles

(continued from page 12)

Force then trounced the Marine Corps 90-46, earning another shot at Army and the title.

Navy captured the consolation game, beating the Marines 72-59.

### Men's Championship Game

#### Marine Corps (92)

Rodney Harris 2 3-3 7, Timothy Wilson 5 3-4 13, Robert Price 4 0-0 8, Kenny Evans 6 0-2 12, Ronnie Gipson 11 5-6 28, Darryl Dyer 3 0-0 6, Adrian Bowie 3 0-0 7, Rickey Bailey 3 0-0 6, Reginald Smith 1 0-0 2, Thomas Lowery 1 0-0 2, Daryl Dixon 0 0-0 0, Scotty Mills 1 1-1 3. Totals: 39 12-16 92.

#### Army (81)

Larry Coats 4 0-0 10, Eric McLaughlin 10 4-4 28, Carl Curry 11 0-0 22, Christopher Harvey 0 0-0 0, Derrien Ashford 2 0-0 4, Juan Buck 0 0-0 0, Roderick Hall 0 0-0 0, Marko Gittens 0 0-0 0, Anthony Gardner 0 2-3 2, Marvin Phillips 0 1-4 1, Cordell Caviness 2 0-0 4, Mario Clayton 2 6-6 10. Totals: 31 13-17 81.

Halftime: **Marine Corps 52, Army 45**  
Three-point goals: McLaughlin 4, Coats 2, Gipson, Bowie

Total Fouls:

**Marine Corps 13, Army 17**

Fouled Out: None

### Women's Championship Game

#### Air Force (47)

Angela McCollough 0 3-4 3, Sheri Lyons 1 0-0 3, Meledy Bland 1 0-0 2, Veronica Harris 1 0-0 3, Deborah Collins 0 2-4 2, Mercedes Sankey 3 0-1 6, Annie Cousins 0 1-2 1, Sherry Crumpler 2 2-2 6, Deborah Bunch 2 0-2 4, Trae King-Tolbert 0 0-0 0, Tracy Kinton 7 3-3 17. Totals: 17 11-18 47.

#### Army (63)

Countess Irvin 7 9-10 23, Cassandra Howard 3 11-13 17, Sharon Lyons 0 0-0 0, Tonya Stubbs 1 4-5 6, Wendy Washington 2 0-4 4, Margie Crawford 1 0-0 2, Robbie Powell 2 2-2 6, Priscilla Bailey 0 0-0 0, Tracye Coursey 1 2-4 5, Sonja Bentley-Walker 0 0-0 0. Totals: 17 28-38 63

Halftime: **Army 34, Air Force 29**

Three point goals:

Coursey, Sheri Lyons, Harris

Total Fouls: **Army 15, Air Force 21**

Fouled Out: Collins

# Primaries Start 1994 Election Campaign Process

By Sgt. 1st Class  
Steve Barrett, USA

American Forces Information Service

Nov. 8 marks the day Americans vote for federal, state and local candidates vying for public office. Among the stakes this year are all seats in the U.S. House of Representatives, to include four House delegate positions; 35 U.S. Senate seats; 36 governors' positions; and the mayoral office in Washington, D.C.

Yet many voters will register only for the November election, not realizing the election process begins with primary elections.

Before November, each state holds preliminary elections, known commonly as primaries. These elections "narrow the field" to one candidate in each political party. Once selected by the voters, party candidates then campaign for the available seat, decided by the general election in November.

Texas and Illinois held primaries in March, but no other primaries are

slated until May. Indiana, Ohio and North Carolina hold primary elections May 3, the first of 10 primary elections that month.

June has 13 primaries slated, Georgia holds its primary in July, and eight states hold August elections. The busiest month is September, when 15 states, the District of Columbia, Guam and the U.S. Virgin Islands hold elections. The Louisiana primary is Oct. 1.

The Federal Voting Assistance Program office in Washington is prepared to answer questions and help voters get involved in the primary process. Phyllis Taylor, program director, said unit voting assistance officers can direct voters to agencies where information on candidates and issues is available.

However, Taylor said the first step in the primary process is voter registration via federal post card application – the sooner, the better. "Each state has its own set of voting rules," she said. "Voters need to get with their voting assistance officers early, find out what is required, when their primaries are held, and ensure

their applications are mailed in time."

Because of lengthy mailing times, Taylor said, voters overseas must ensure applications are accurate. "I can't express how important that first step is in mailing that application," she said. "If completing the application is incorrectly done, that alone could disenfranchise an individual because of the delay that could occur."

Voters needing information should contact their unit voting assistance officer first. The voting assistance officer processes voting applications and refers voters to agencies that answer questions on candidates and issues. Voters may also call the Federal Voting Assistance Program's toll-free number, **1-800-438-8683**, for voting information assistance.

State/Territory	Primary Date
Alabama	June 7
Alaska	Aug. 23
Arizona	Sept. 13
Arkansas	May 31
California	June 7
Colorado	Aug. 9
Connecticut	Sept. 13
Delaware	Sept. 10
District of Columbia	Sept. 13
Florida	Sept. 6
Georgia	July 19
Guam	Sept. 3
Hawaii	Sept. 17
Idaho	May 24
Indiana	May 3
Iowa	June 7
Kansas	Aug. 2
Kentucky	May 24
Louisiana	Oct. 1
Maine	June 14
Maryland	Sept. 13
Massachusetts	Sept. 20
Michigan	Aug. 2
Minnesota	Sept. 13
Mississippi	June 7
Missouri	Aug. 2
Montana	June 7
Nebraska	May 10
Nevada	Sept. 6
New Hampshire	Sept. 13
New Jersey	June 7
New Mexico	June 7
New York	Sept. 13
North Carolina	May 3
North Dakota	June 14
Ohio	May 3
Oklahoma	Aug. 23
Oregon	May 17
Pennsylvania	May 10
Rhode Island	Sept. 13
South Carolina	June 7
Tennessee	Aug. 4
Utah	June 28
Vermont	Sept. 13
U.S. Virgin Islands	Sept. 13
Virginia	June 14
Washington	Sept. 20
West Virginia	May 10
Wisconsin	Sept. 13
Wyoming	Aug. 16

## Military Biathletes Overwhelmed at Games

American Forces  
Information Service

Service members competed, but failed to medal at the XVII Olympic Winter Games in Lillehammer, Norway.

The highest American military finish came from the Women's 30-kilometer biathlon relay team. Joan Smith, Joan Guestschow, Army PFC Beth Coats and Mary Ostergren finished eighth, well behind medal winners Russia, Germany and France. Seventeen teams started the race.

Meanwhile, the men's biathlon team of Army Sgt. Curtis Schreiner, Army Sgt. David Jareckie, Duncan Douglas and Jon Engen finished 14th out of 18

teams. Germany captured the gold medal, followed by Russia and France.

Coats, assigned to the Colorado National Guard, finished 33rd in the 15-kilometer event and 51st in the sprint. Spc. Laura Tavares of the Vermont National Guard finishing 52nd in the 15-kilometer event.

Jareckie claimed the best American men's result, finishing 64th in the 10-kilometer sprint. Schreiner finished 65th in the 20-kilometer competition.

Jareckie also serves with the Vermont Guard. Schreiner works with the New York National Guard.

**Sports and  
Entertainment  
Information  
Call 5320**

## Nutrition Facts Will Appear on Packaged Food Items by May

By Rudi Williams  
American Forces  
Information Service

New nutrition labels are scheduled to be on almost all packaged food starting in May. The labels are geared toward helping consumers follow dietary guidelines emphasizing the importance of a well-balanced diet.

"For the first time, claims about certain relationships between a nutrient or food and the risk of a disease or a health-related condition will be regulated," said Army and Air Force Exchange Service dietitian Army Lt. Col. Karen Hobson.

"In the past, nutrition information on food products was voluntary," Hobson continued. "Manufacturers labeled whatever and however they wanted, confusing the customer." In the future, she added, nutritional claims such as "free, low, lean, reduced, light, fresh and healthy" will be strictly controlled.

Developed by the departments of Agriculture, and Health and Human Services, the labels, called "Nutrition Facts," must, by law, list information about the nutrients in a serving of food at the time of its purchase. Nutrient content after consumers have prepared the food isn't considered.

Among other things, the guidelines advise consumers to eat a variety of foods; maintain healthy weight; choose a diet low in total fat, saturated fat and cholesterol; and use sugars, salt, sodium and alcoholic beverages in moderation.

For the first time, if a meat or poultry processor describes an individual food as "low in fat," the food must meet the specific Department of Agriculture definition per serving: 3 grams or less of fat. If an individual food is described as "low in calories," it can't contain more than 40 calories.

Also, meat and poultry products can use the terms "lean" or "extra lean" if they meet specific definitions. Lean refers to a serving with less than 10 grams of fat, less than 4 grams of

saturated fat and less than 95 milligrams of cholesterol per 100 grams. Extra lean means less than 5 grams of fat, less than 2 grams of saturated fat and less than 95 milligrams of cholesterol per 100 grams.

If a processor describes an individual food as "low in fat," the food must meet the specific Food Safety and Inspection Service's definition: 3 grams or less of fat per reference amount customarily consumed.

The nutrient content of some products, like bacon, may change greatly during preparation, an agricul-

ture spokesman explained. So a label also may list the information "as consumed," provided it clearly states preparation and cooking instructions. "As consumed" means the nutritional information is based on the product after it's cooked using common methods, such as oven roasting, that don't add ingredients.

Officials said the new labels are only as beneficial as the ability of consumers to understand and use them. Therefore, the federal government is coordinating a public and private sector education program for the American public.

## WALK TO WIN

- *Tired of not getting away to exercise?*
- *No time to join a private health club?*
- *Are health memberships too expensive?*
- *Will peer pressure help you exercise....?*



### Time:

6:30 a.m. - 7:30 a.m. &  
11:30 a.m. - 12:15 p.m.

**Date:** Mon. thru Thurs.

**Location:** 8th Floor,  
outdoor (meet at Southwest  
access door)

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a low intensity, cost effective,  
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gram while improving your  
physical and mental health.*

To get more information and sign up today, please call  
Mel Kirkland the FIT TO WIN Coordinator at (213) 894-5518.  
Now located in Roybal Building, Suite 244.

## FWP Manager Provides Information

Ever Forward  
Answers On Employment at the Corps  
Noreen Dean Dresser, FWP

This column will bring clarity to your concerns as an employee here at the District. You may personally send to the Newcastle PAO staff or LAN to me, any and all questions, on employment and career issues. The deadline is the first of each month. I will select questions that demonstrate a common concern in the work place. Questions or concerns regarding the goal of better equity and morale will be published.

On April 7th, Ruth Villalobos led a Career Packet Workshop for the District. The workshop, sponsored by the Federal Women Program, highlighted key issues that employees need to be aware in order to advance. First, be aware of the policy for your position. The Army makes available the ACTEDS pamphlet, the Career Management AR690-95-, Tapes (book is in FWP/EEO library) and Skap package. You should become aware of your Career Field and Job Series. This

information is available in Human Resources.

This arena of knowledge is always the first step in understanding how your job or the job you desire is viewed against the mission. With this base of understanding, you will need to look towards developing and advertising your skills and abilities. At the workshop, Ruth suggested taking a proactive stance towards your Individual Development Plan and training. Look towards temporary details for six months or longer and cross training, as well.

There are personal development issues we can all achieve, especially with coaching and counseling from our managers and mentors. Geographic mobility is also a great way to achieve new working experiences. Developing standardized verbal and written skills are always a key to effective self presentation.

Ruth's workshop highlighted key issues that are common in career fields. Most jobs within the Corps are categorized into six major career fields.

Career field positions, GS-12 and above are now all filled through a Career Program's List. It is imperative that you coordinate your Individual Development Plan through your supervisor to reflect the advice of your Career Manager.

We at the Federal Women Program would like to extend our appreciation to Ruth Villalobos and to all the Career Managers who assisted her by answering questions for the Career Packet Seminar. Ruth demonstrated leadership and concern for all employees at the Corps; showing once again her statemanship.

When the library opens, a tape of the Career Program will be available with key manuals on careers in the Government. I look forward to your questions or comments next month.

## Sports and Entertainment Information Call 5320

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