



CONSTELLATION

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Digest



A Smith Island resident looks out over the new bulkhead created by the Corps.

Smith Islanders thank Corps

*Story by Mary Beth Thompson
Photos by Susanne Bledsoe*

It's not often that a Corps of Engineers' project is received by a community with as moving a sense of gratitude as that openly displayed by the residents of Smith Island in the Chesapeake Bay. To mark the end of the crab harvest season and show their appreciation to the Corps and other officials, the watermen and their families gave a feast Oct. 28 in Tylerton.

"The people of Smith Island are absolutely tremendous," said Daria L.

VanLiew, project manager. "They have accepted the Smith Island project team as members of their community, and I would even go as far as saying as part of their family.

"During my dad's illness this past year, I was touched by the community's support in saying a prayer for him at their weekly prayer meetings," said VanLiew to illustrate the point.

About 150 people attended the celebration, including Baltimore District Commander Col. Charles J. Fiala, Jr.,

VanLiew and several other team members. They were the recipients of a meal of steamed crabs, fresh oysters from the bay, open pit beef, clam chowder, and homemade salads and cakes prepared by the islanders. Along with the banquet came many words of thanks.

One resident said that it was a miracle the project had ever happened in a little place like Tylerton, according to a *Baltimore Sun* report.

(Continued on p. 6 & 7)



U.S. Army Corps
of Engineers
Baltimore District

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Commander's Comment

Take time for you this holiday season

by Col. Charles J. Fiala, Jr.
Commander & District Engineer

The holidays are the time for giving, so let's start by giving ourselves the credit we deserve. Life as we knew it changed with the Sept. 11 attack on American soil and the subsequent anthrax terrorism. Yet, we all continued to get up every morning and conduct the missions before us with focus, dedication and resiliency.

We also gave to those who were, and still are, suffering through prayers, money, blood, sweat and overall compassion. So, let's take the time to breathe a bit during this holiday season, reflect on what we have been through and acknowledge the inner strength we have shown in the face of the assault on the American way of life.

Too often, we care for others at the expense of ourselves. While this is truly one of the most admirable signs of the human spirit, in times of great stress, it becomes easy to run ourselves down. Over time, our ability to serve our creator, country, family and friends is reduced.

Over the holidays, I plan to take the opportunity to renew my faith, spend time

with friends and family, review my individual accomplishments for the year and set my goals for the year to come. I urge you to do the same. Taking care of ourselves and maintaining personal balance is critical to individual and team success.

In this time of war, we are each needed more than ever. So, after setting time aside for ourselves this holiday season, we can look for ways to help address the needs of others.

Each member of Team Baltimore is needed to fulfill the demands that will be placed on the Corps in the coming year, some that I discussed at the Rally for America Oct. 2.

We will need to remain vigilant in our neighborhoods, on the streets and in the buildings where we work for people or packages that look suspicious or seem out of place.

We will need to keep a sensitive eye on our family members, friends and co-workers who may be "running low," or having trouble coping with personal matters or current events.

Lending an ear or a hand can go a long way to recharge another person's

batteries. All it takes is a little of our time.

Outside of our daily circles, we can look for ways to support our fellow countrymen, women and children. Certainly, saying a prayer of thanks for our military personnel serving in **Operation Enduring Freedom** and elsewhere around the world is one way.

In the spirit of President Bush's message that we are all soldiers in this war on terrorism, please also remember the families who have lost loved ones this fall.

I recall a nightly news report last month explaining that the Queens neighborhood where American Airlines flight 587 crashed Nov. 12 was the hometown of 50 children who were left without parents as a result of the World Trade Center attack. Not everyone will have the plentiful holiday season that most of us are looking forward to, so let's do what we can to help.

Let us take stock of ourselves this holiday season, making this a time of healing and growth. Let us be thankful for each of our blessings. Let us keep each other safe and strive to be the best Americans we can be.

Essays

Corps helps Ocean City celebrate 10th anniversary

by Doug Garman
Public Affairs Office

With wave after wave, storm after storm, Ocean City's Atlantic Coast of Maryland Shoreline Protection Project has withstood the test of time. And, on Oct. 27, federal, state and local officials joined local residents on the boardwalk in Ocean City to celebrate this success and recognize the project's 10th anniversary.

"Just days after the project was finished in October 1991, a major coastal storm walloped the Ocean City area. For hours, 10 to 18 foot waves pounded the coast, but the project's dune and beach system performed as it was designed," said Col. Charles J. Fiala, Jr., Baltimore District commander. "It absorbed the brunt of the storm and protected lives, stopped erosion from reaching building foundations, the boardwalk and other structures, and prevented major inland flooding."

"What is more amazing is just 10 days after the first storm, a second equally powerful storm hit the area," said Scott Johnson, Baltimore District's Ocean City project manager. "Were it not for the newly built beach and dunes, the two storms would have caused major damage to Ocean City."

Since then the project has successfully weathered four other major storms and has prevented more than \$238 million in damages to structures, businesses, roads and

utilities in Ocean City and the surrounding area.

In the mid-1980s, an effort began to slow the steady erosion of Ocean City's beach and preserve the recreational and economic resources the city provides to the region. Working together, the town of Ocean City, Worcester County, the state of Maryland and the Corps of Engineers designed a two-phase beach nourishment and shoreline protection project.

In 1988, the state, county and city shared the \$13.5 million cost to place sand from offshore areas onto the beach to widen more than eight-miles of recreational beach that stretches from 4th street to the Delaware line.

Although this first phase provided some level of storm protection, it served as the foundation for phase II of the project, which is geared to protecting the shoreline against hurricanes and other storms.

The Corps and its non-federal sponsors cost-shared the \$48 million needed to complete phase II. It involved pumping nearly 3.5

million cubic yards of sand from offshore areas onto the beach to build a man-made dune and supporting beach system.

Today, the dune stands 25 feet wide at its crest and 85 feet wide at its base. It stretches 35,400 feet from 27th Street to an existing dune in Delaware. Access to the beach is provided by 205 pedestrian crossovers, one at each street entrance. To slow erosion of the dune, grasses were planted on top.

To protect structures along the city's boardwalk not protected by the dune, a 9,000-foot-long steel sheetpile bulkhead was built on the oceanward edge of the boardwalk and topped with a concrete cap that is suitable for sitting.

A third phase of this project is maintenance. Each year, engineers from the Corps and state survey the project and assess areas of the beach that might need repair. Approximately every four years over

the 50-year life of the project, a beach re-nourishment is planned. The first of these occurred in 1998, and a second is planned for next spring.

Officials agree that besides preventing physical damages, the project has given local residents a level of assurance that has allowed the economic vitality of the area to grow steadily over the past decade.



The bulkhead and dune and supporting beach system meet at 27th Street to form the Ocean City Atlantic Coast of Maryland Shoreline Protection Project.

Photo by Tex Jobe

Turkey: nutrition to gobble about

It's a holiday favorite and rightly so. The aroma of a roasting turkey creates a festive mood.

The good news is, unlike many holiday foods, this one is good for you. Its protein content is well known, but turkey contains important vitamins as well.

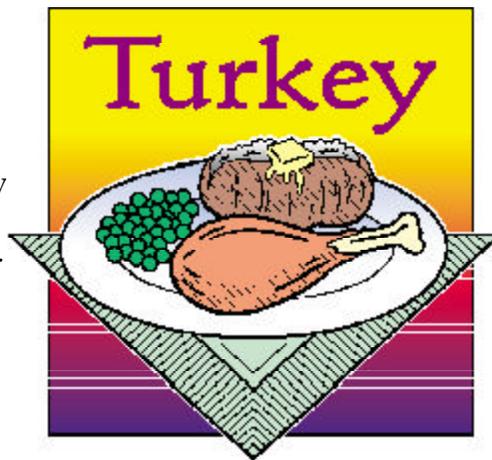
Take the B vitamin group. Turkey is loaded with niacin (B1), B12 and B6. These heroes of the vitamin world are the maintenance workers of your body. They keep your mind healthy and your body working smoothly.

Get too little B12 and you may find yourself fatigued and have a hard time remembering things. With too little B6, your nervous system will suffer, your immunity will be threatened, and you'll have a hard time making red blood cells.

Turkey breast is the champ in the niacin department. Niacin works to reduce cholesterol and prevent heart problems.

Turkey's dark meat is higher in other nutrients, and both white and dark meat contain iron, say experts at High Performance Nutrition in Mercer Island, Wash.

Without the skin, turkey is a



great low-fat food. (Removing the skin from turkey or chicken is particularly important when ordering fast food.)

Can't eat that 24-pound turkey in one sitting? Here's a recipe for a second meal:

Turkey Mushroom Scallops

In a large skillet, melt 1/4 cup butter with 1/4 cup olive oil.

Pound 8 thick slices of roasted turkey breast until thin and fry gently for a few minutes on each side.

Add 1/2 pound sliced mushrooms to the pan and fry for 1 to 2 minutes.

Stir in 1/4 cup cranberry sauce and a few spoonfuls of chicken or turkey stock to make a thin sauce.

Season to taste with salt and pepper and transfer to a hot serving platter.

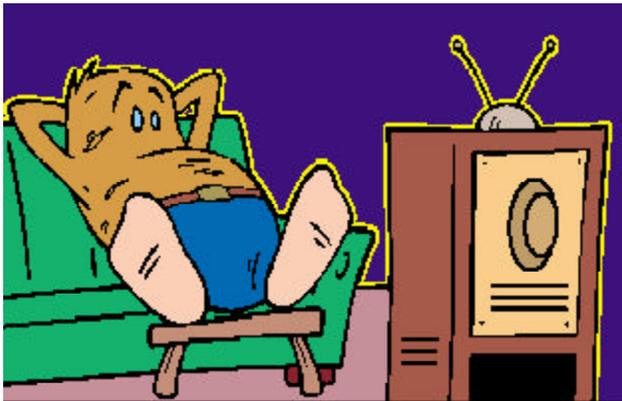
How NOT to gain weight in December

If you want to keep holiday fun on and extra pounds off, try this:

- Give plant gifts instead of cookies, so you won't be eating the leftovers yourself.
- Give yourself a membership

to the YMCA or a health club.

- Bring a light alternative to a holiday party and eat that instead of high-fat dishes.
- Be the designated driver. It will save your waistline and your friends.



• Order club soda with lemon at cocktail parties. Skip the soda and booze.

• Look over the buffet before you select what you will eat.

• Drink a tall glass of water before starting dinner.

• At a buffet, limit your choices to three or four.

• Do something besides eat at a party. Take pictures or play games.

• Eat before you go shopping so you won't resort to fast food.

• Park far away from where you're going and get a nice walk.

• Have a holiday dance party for added exercise. Serve veggies.

• Take an evening walk instead of watching TV and snacking.

• Give leftover cakes, chocolates and cookies to a food shelter.

• Bake your latkes for Hanukkah instead of frying them.

• Enjoy the fun more than the food.

Repairs to Cabin John Bridge completed

Story by Mary Beth Thompson
Public Affairs Office

Photos by Washington Aqueduct
Division staff

The historic Cabin John Bridge reopened Nov. 17 amid parades and festivities. The bridge had been closed for about four months so that a major refurbishment project could be completed.

The two communities connected by the bridge launched parades to kick off the bridge reopening celebration. The processions met on the bridge for an afternoon ceremony.

The repair project upgraded and improved the 139-year-old Cabin John Bridge, one of several remarkable structures that are part of the Aqueduct system. The bridge's mortar joints were repointed, stonework cleaned, roadway resurfaced and drainage improved. The stone parapet walls were removed and replaced, and

safety features were added.

"This bridge is not only important to our

water supply mission," said Thomas P. Jacobus, chief of the Aqueduct, "it is also a major commuter route and a piece of historical architecture."

The first Aqueduct chief, Montgomery C. Meigs, then an Army captain, designed the Cabin John Bridge in 1856. Completed in 1863, the bridge stood as the longest single-arch masonry span in the world for 40 years. It originally crossed the Cabin John Creek. Now it crosses over the Cabin John Parkway.

Beneath its roadway deck, the bridge carries the nine-foot water conduit that runs from the Potomac River's Great Falls to the Dalecarlia Reservoir. Still a

vital part of the Aqueduct system, the venerable Cabin John is listed on the register of National Historic Landmarks and remains a graceful and handsome engineering accomplishment.

Nathan Cole, chief of the Civil, Structural and Mechanical Section of the Aqueduct and the project's manager, represented Baltimore District at the ceremony. Harry Ways, former chief of the Aqueduct, also spoke. Many dignitaries and honored guests were among the estimated 300 attendees, including U.S. Rep. Connie Morella and several state and local officials.

The project contractor, Corman Construction, Inc., completed the \$2.2 million job six weeks ahead of schedule, earning a \$150,000 incentive for early completion.

The bridge is now back in use serving the transportation needs of commuters and the water supply needs of the greater community.



Workers move a dressed sandstone block used to replace the walls of the Cabin John Bridge during the recent repair project.



The Cabin John Bridge with its historic arch recently underwent extensive repairs.



The Cabin John Bridge roadway was resurfaced.

Community praises Corps for work *(continued from cover)*

Another commented that his forefathers would have liked to see this event.

"Kevin Smith of Maryland Department of Natural Resources attended a public meeting with the Smith Island team recently.

"He couldn't get over the fact that we received so much input from the attendees and a standing ovation at the conclusion of the meeting," VanLiew said.

Baltimore District has completed construction of a 2,700-foot bulkhead along the island's

western shore. The bulkhead is designed to prevent further erosion to the severely degraded shoreline. Along the island's southern edge, a low stone wall will be built to slow erosion and shield nearby wetlands and submerged aquatic vegetation.

Without this work, Smith Island would probably succumb to the same fate as other eroding Chesapeake islands that are no longer inhabited.

The Corps and the state are sharing the \$3-million project cost at a 75-25 ratio. The project should

be completed by the end of this month. It was authorized under Section 510 of the Water Resources Development Act of 1996.

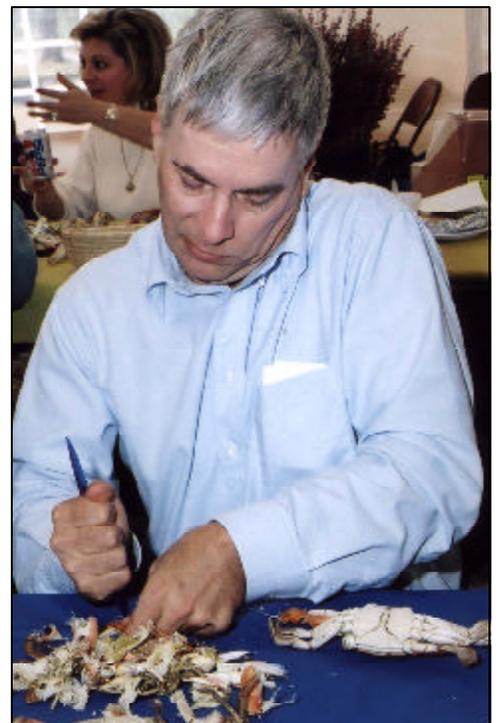
Smith Island straddles the Maryland-Virginia line. A unique culture of watermen descended from the original settlers who arrived 350 years ago populates the island. The current project is one part of a larger effort to study ways to restore and protect Smith Island, Maryland's last continuously inhabited remote island in the bay.



Above: A view of the completed bulkhead. Upper right: Residents and Corps personnel walk along the path beside the bulkhead on their way to the church service. Bottom right: The group continues their walk to the church where Smith Island residents conducted a service to thank all those who were involved in this project for their work to save the Chesapeake Bay island from eventual destruction. It was estimated the island would have continued to erode without the bulkhead.



Left: A view of the not-yet completed docks and the completed bulkhead at Smith Island. Bottom left: Residents and their guests participate in a church service. Bottom right: Ed Palgutta, PPMD, attacks a crab. Upper right: Daria VanLiew and her husband work on two crabs. The Smith Island residents ended the crab season with a crab feast for the community, Corps, state and contractor employees to show their appreciation for the completed project.



Christmas 1776: turning point of war

In 1776, the fate of America turned on the Christmas crossing.

At Christmastime in 1776, George Washington's troops were in retreat, barely keeping ahead of the Redcoats. The Revolution was in great danger of collapsing.

On Dec. 2, Washington's troops reached Trenton on the Delaware River. Gathering every boat they could find so the British couldn't follow, they crossed the river into Pennsylvania. Washington expected the British to attack when the river froze, but they delayed.

The American troops were described by an enemy officer as "dying of the cold, without blankets and very ill-supplied with provisions." Meanwhile, some 1,000 Hessians, German professional soldiers, had arrived in Trenton.

With morale crumbling, one fiery supporter of the Revolution refused to despair. Thomas Paine, author of *Common Sense*, had written a new essay, the first in a series he called *The American Crisis*. The troops were inspired as they read:

"These are the times that try men's souls. The summer soldier

and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman."

Now, Washington formed an audacious plan. He would cross the Delaware some nine miles north of Trenton and surprise the garrison.

The crossing began at 6 p.m. on Dec. 25. After nine hours, the last boatload of men and cannon were on the shore. Then came the nine-mile ordeal through freezing wind and hail to reach Trenton.

Washington and his men attacked the Hessians shortly after dawn, surprising them completely. It was over in two hours with nearly 900 taken prisoner. The Americans suffered few casualties.

The Christmas victory at Trenton marked a turning point of the American Revolution. The effect on morale of the troops was tremendous, because they had taken on the King's forces and won. As word of the victory spread, confidence in Washington and in the Revolution was revived. Once written off as beaten, Americans fought on and won.



George Washington leads his troops across the Delaware River to fight the Hessians.

On this day in history...

December 1

1955 - Rosa Parks, a black seamstress in Montgomery, Ala., refused to give up her bus seat to a white man. Parks' subsequent arrest was a milestone in the civil rights movement in the United States.

December 7

1941 - Pearl Harbor, located on the Hawaiian island of Oahu, was

attacked by nearly 200 Japanese warplanes. The attack resulted in the United States entering World War II.

December 10

1901 - The first Nobel prizes were awarded

December 12

1800 - Washington, D.C., was established as the capital of the United States.

December 21

1620 - The Mayflower and its passengers, pilgrims from England, landed at Plymouth Rock, Mass.

December 25

1979 - The USSR invaded Afghanistan to halt the civil war.

December 30

1922 - The Union of Soviet Socialist Republics was formed.

Marilyn Nine to retire after 47½ years

by Mary Beth Thompson
Public Affairs Office

They'll miss the coffee I make in the morning," Marilyn Nine said

with a characteristically modest smile. She was describing what her co-workers will notice after Nine, a budget analyst, retires at the end of the year. But the lack of convenient cafes of coffee is not all that will be missed.

Nine's colleagues in Programs and Project Management Division will lose this busy, reliable, good-humored woman who works long hours and is always ready to do extra duty organizing office parties or going the extra mile to help a project manager.

"She is truly a workaholic," said Kimberly Jirsa, a fellow budget analyst. Nine arrives at about 6:15 a.m. even though she's scheduled to start at 7 a.m. That's when she prepares a pot of coffee so it's ready when the others arrive in the office, Jirsa said.

It's telling of Nine's personality that she doesn't drink that coffee. She just makes it for her co-workers.

"She is the nicest, sweetest person that I have had the privilege of working with," Jirsa said.

Nine packs lots of activity into a typical week. She spends over 40 hours at her day job and works five nights a week behind the counter at a popular local crab house. She also takes piano lessons one night a week and usually goes dancing the other.

"If you want to see me, you have to make an appointment," Nine said with a soft, ironic chuckle and a nod of her head.

Nine used to also work with her husband in his catering business. After he passed away 12 years ago, she ran the business herself for two more years. She finally closed it because it became too much work in addition to her federal position. Perhaps that

professional experience explains why she stores bowls, utensils, cups, foil and trays in her cubicle, always prepared for office get-togethers.

Nine has worked for the government for over 47 years. She started as a secretary in June 1954. The Social Security Administration recruited her when she graduated from Tunkhannock (Pa.) High School.

She was hired to work in Washington but opted during training for Baltimore instead. In 1955,

she moved to the Corps and Baltimore District.

The work place has changed considerably since 1954, Nine said. If you wanted a copy then, you had to retype the document and stamp it "copy." Later came a wet process similar to developing photographs, then mimeograph, carbon paper and carbon-less reproduction.

"Copiers and computers have really changed how we work," Nine said. "I used to type specs all summer long, even weekends. Now, we have specs on CDs."

She also recalled late nights tracking money through paperwork.

"With CEFMS, it's been great," she said, referring to the Corps of Engineers Financial Management System. Nine, who has readily adapted to change throughout her career, now looks forward to the changes retirement will bring.

"Retirement is a marvelous time of life when the sun rises but you don't," Nine said.

But her retirement plans belie that statement. She said that she intends to travel and spend more time with her hobbies of music, dancing, baking and sewing. She plans to make a new red velvet Santa suit for her son, Terry. She'll also work on a genealogy of her family.

A ready-made pot of coffee may not be waiting for the early-arrivals at PPMD after Dec. 31, but, with all that Nine has on her schedule, it's doubtful the sun will beat her out of bed each morning.



Marilyn Nine makes coffee every morning for her co-workers.

Photo by Darlene Mancini

District participates in Angel Tree program

The 2001 Angel Tree program began last month and is scheduled to end Dec. 14. Sponsored by the Salvation Army, the



program provides gifts for needy children all over the United States.

The Baltimore regional office provides gifts for children in Howard, northern Anne Arundel and Baltimore counties, and Baltimore city.

Last year the Baltimore District contributed gifts for approximately 200 children.

For more information, call Susan Jones, Real Estate Division, at ext. 4675.

District completes ordnance search at Camp Simms project in Washington, D.C.

Baltimore District completed its investigation for ordnance-related materials at the former Camp Simms military reservation in southeast Washington, D.C., Oct. 31.

Ordnance specialists began digging Oct. 23 to identify 94 buried magnetic objects that were found in a six-acre area of the Camp Simms site.

"No hazardous materials or ordnance-related items were found," said Michael Rogers, Baltimore District project manager. "We removed various types of construction debris – things like manhole covers, concrete with reinforcing bars, pipes and some other miscellaneous metallic items. A final report on our investigation is expected this month."

The Corps conducted an ordnance investigation of the

Camp Simms site in 1995. In that investigation, 98 percent of the site was geophysically surveyed, and nearly 200 suspect items were excavated. No ordnance-related items were found.

Although this previous work indicated there were no hazards at the site, earlier this year the Corps agreed to re-evaluate the site based on a request from the D.C. Department of Health. This evaluation did not confirm any hazards, but recommended further investigation to verify previous findings.

The D.C. government announced plans last year to re-develop this site for commercial and residential use.

The Camp Simms site was used as a small arms target range for training military and local law enforcement organizations until 1959.

EAA sponsors New York trip

A busload of Baltimore District employees, family and friends left the Carney Park 'n Ride at 6:30 a.m. Nov. 11 for a day in the Big Apple.

Sponsored by the Employees' Activity Association, the trip provided an opportunity for Marylanders to take advantage of Mayor Rudy Guilliani's invitation to come back to the city after the World Trade Center attack on Sept. 11.

Once in New York, all were on their own to explore Manhattan. Many spent the sunny, brisk day walking, shopping, seeing a show, visiting a museum or two, watching the Veterans' Day

parade, or visiting the ongoing work at the World Trade Center site.

EAA president Paula Schultz made sure everyone got their money's worth by providing movies to and from New York; detailed information on activities and places to visit, including maps; and plenty of snacks, water and sodas.



An Army color guard marches up 5th Avenue in New York's Veterans' Day parade.

There are no definite plans for another trip, but Schultz said EAA is looking into the possibility of a future trip to Atlantic City, N.J.

CFC deadline extended to Nov. 30

Baltimore District's annual Combined Federal Campaign was extended to the end of November to allow more employees the opportunity to make a contribution.

As of mid-November, employees had contributed nearly \$42,000 toward a goal of \$74,000. Doug Knowles, point of contact for the campaign, said he felt certain the goal would be met by the new deadline.

CFC contributions help support hundreds of local, national and international health and human care agencies.

There was an opportunity this year for federal employees to contribute to the relief efforts for victims of the terrorist activities Sept. 11. This special solicitation was not associated with the Central Maryland Combined Federal Campaign.

Harvest for the Hungry to begin

The spirit of giving is very evident during the holiday season, but it should be ongoing year-round. The Harvest for the Hungry program, which the District has participated in for years, is fast approaching. This program is an opportunity for employees to help families in the Baltimore area through gifts of food.

In Maryland, over 50 percent of hungry people are women.

Almost a third of those who receive food are children age 17 or younger. Many even work full-time, but they still go hungry. The statistics are sobering; the hunger is real.

The program will run through March, and employees are urged to contribute canned or boxed food. If unsure of the type of food needed, employees should talk to their key workers.

Web history of Sept. 11 attacks online

The Library of Congress and online Web archiving sites are making a Web history of the attacks on New York and Washington.

Not just mainline newspaper sites will be archived, but also a vast array of personal sites.

It's a monumental job with millions of websites posting memorials, opinions and news.

But researchers think the attack utterly changed the appearance and direction of the Internet. Millions of new sites were created to give family news, pay tribute to victims and

rescue workers, and to offer comment.

In addition, corporate pages changed their design and direction to give employees and customers information on company status and to offer ways people could help. Millions of sites posted tiny flags or ribbons.

The researchers will use special software that can rapidly grab web pages.

The web's attack archive was to be posted Oct. 11 on the Internet Archive website at <http://september11.archive.org/>.

Courteous employee of the month

Darlene Mancini, Public Affairs Office, has been named the December courteous employee of the month.



"Where others might become annoyed or frustrated with the many 'off-the-wall' telephone calls the Public Affairs Office receives every day, Darlene always maintains a professional attitude and caring concern.

"She goes out of her way to direct the caller to the correct office or agency. Darlene is especially kind and courteous to visitors to the office, making them feel comfortable immediately. She sets an example for all to follow in her demeanor and treatment of others."

— Lucy Lather
Chief, Public Affairs

EAA

Entertainment coupon books still may be purchased now from the Employees Activity Association. They are valid through Nov. 1, 2002. Included are many buy-one, get-one-free discounts at various stores, hotels, etc. The books also make great gifts.

To purchase one for \$25, call Les Blizzard at ext. 3322; Regina Wheeler, 3475; or Angie Blizzard, 4649.

The books will be available only until Jan. 1.



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Official Business

HAPPY

HOLIDAYS