



# CONSTELLATION

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Greg Nielson, PPMD, (left) and former Corps employee Jon Fripp build a weir to measure stream flow at Dents Run. (Photo from PPMD)

## Dents Run restoration under way

by Chanel S. Weaver  
Public Affairs Office

Each year, when spring arrives, it awakens within others the desire to revive and revitalize the barren items in their lives. Many homeowners rid their houses of the dust that has settled over the winter. The trees begin to sprout their leaves again, and the birds return from the south.

This spring, a watershed in north central Pennsylvania will also experience a rebirth. The U.S. Army Corps of Engineers, Baltimore District, in partnership with a few local Pennsylvania agencies, will begin work to restore portions of Dents Run. The agencies hope this restoration, which is expected to take four years, will benefit the watershed for years to come.

Currently, anyone who visits the place where the waters of Porcupine Hollow and Cole Draft, two major tributaries of the watershed, meet Dents Run can see that improvements to these sections of the watershed are long overdue.

Steve Garbarino, Dents Run project manager, said there are many indicators of an unhealthy environment surrounding Dents Run. Some of these indicators are the barren land and unvegetated spoil piles of coal. Garbarino also said there is another strong indicator of unhealthy life in Dents Run.

"There are places where the water has an orange color, indicating that the water is suffering from acid mine drainage," he said. (Continued on p. 3)



U.S. Army Corps  
of Engineers  
Baltimore District

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# Commander's Comment

## Leadership Development Program comes to Baltimore

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

The Corps of Engineers has a long history of success serving the needs of this nation, and in order to meet future demands and continue to be the world's premier public engineering organization, we need visionary leaders!

This is why a new Leadership Development Program, or LDP, has been developed for Baltimore District.

The objective of the new leadership program is to provide all employees, regardless of grade, the opportunity to develop effective leadership skills.

LDP participants will experience formal, structured leadership training, hands-on leadership development activities and exciting team projects.

This new leadership program consists of three tiers or levels.

Whether you know it or not, all District employees are part of **tier one**, which requires completion of all mandatory training, such as CorpsPath, PMBP,

consideration of others, ethics, environmental operating principles, and the action officer development course.

Tier one instruction involves understanding the Corps culture and values that are fundamental to our business and on leading our organization.

**Tier two** focuses on leadership ability, self-awareness and conceptual skills. This is a competitive one-year leadership program, and involves challenging team projects, required readings, formal leadership course training and field trips.

Employees who graduate from tier two will be eligible to apply for follow on leadership training in the next tier.

**Tier three** is also a one-year program that prepares graduates for higher level leadership programs.

This program will focus on operating actions such as planning, preparing, executing and assessing.

Tier three will coach tier two groups, and be involved in participating in higher level senior leader conferences and activities, attend

advanced formal leadership training, and be encouraged to accept developmental assignments.

In May there will be a Baltimore District LDP five-month pilot program. By now, you should have received information about this program from your supervisor. You may also access the NAB Intranet at <https://nabinfo.nab.usace.army.mil/index1.html>, and click on *Internal NAB Programs* for more details.

A selection panel will review individual applications, conduct interviews and select a minimum of six candidates.

At the completion of the pilot program at the end of September, the one-year leadership programs for tiers two and three will begin. This summer, we will ask for nominations for both tiers. Candidates will be required to compete for these programs.

I urge you to take advantage of this training opportunity by applying for this new leadership program. For more information, contact your supervisor today.

**Essays.**

## Dents Run restoration (continued from cover)

*(Photos by Greg Nielson)*

Acid mine drainage, or AMD, is caused by the reaction of pyritic rock (a type of rock that resembles gold), water and air. This reaction causes water with a low pH (5 or less) and a high concentration of dissolved materials to mix with other surface runoff. The pH level of the water then rises, causing the dissolved metals to precipitate.

Garbarino said that the extreme acidity of the Porcupine Hollow and Cole Draft tributaries have caused the pH of Dents Run to be lowered. Thus, the water in many places along Dents Run is devoid of aquatic life.

The problem of AMD is not found in Dents Run's alone. In

fact, AMD is Pennsylvania's largest source of water pollution, impacting more than 3,000 of Pennsylvania's 54,000 miles of waterways. The Pennsylvania Fish and Boat Commission claims the annual economic loss to fisheries and recreation from AMD is approximately \$67 million.

Currently, Baltimore District is working on 10 abandoned mine drainage projects. Each of these projects will restore the environment in watersheds impacted by coal mining and abandoned coal mine drainage.

The recommended plan to restore Dents Run calls for over one million cubic yards of mine spoil to be re-treated. In addition,

the plan also calls for the mining of 500,000 tons of limestone to help restore the waterways.

"The limestone will be mined on-site to treat AMD and add alkalinity to the water," said

Garbarino. According to Garbarino, the key to restoring Dents Run is pretty straightforward.

"The basic goal of our projects is to raise the pH of the water and precipitate the metals before the water enters the stream," said Garbarino. "Doing this will enable aquatic life to recolonize the stream."

The total cost of the Dents Run project is \$9 million. The federal share is \$5 million. The non-federal share of \$4 million will be provided by the Pennsylvania Department of Environmental Protection Bureau of Abandoned Mine Reclamation and funds received from the Pennsylvania Growing Greener Grant Program.

Other parties participating in the project include the Bennett Branch Watershed Association, the Pennsylvania Game Commission and the Western Pennsylvania Conservancy.

While federal and non-federal agencies can quote the exact costs of each AMD project, each agency agrees that the benefit the environment will receive at the completion of each of these projects is priceless.



*Porcupine Run, an extremely acidic tributary to Dents Run, has caused the pH of Dents Run to be lowered.*



*Successive Alkalinity Producing Systems (SAPS) like this one use limestone to reduce AMD at Dents Run.*



*A worker looks at a finished settling pond at Dents Run.*

# First FEST-M team ready to go

*Story and photo  
by Christopher Augsburger  
Public Affairs Office*

During the conflict in Kosovo in the late 90s, the U.S. Army Corps of Engineers answered the nation's call by building base camp housing for American troops stationed in the region.

As a result, the Corps realized it would be called upon again to provide similar engineering services to the warfighting Army in future conflicts.

In anticipation of these requests, the Corps developed the doctrine for Field Force Engineering, or FFE.

As part of this doctrine the Corps directed the creation of a variety of Field Force Engineer-

ing teams of active duty military and civilian volunteers. The intent was to build and train these teams to be ready at a moment's notice to support contingencies worldwide.

Baltimore District was directed to man and train a Forward Engineer Support Team—Main, or FEST-M, and a Base Development Team, or BDT.

The primary mission of the FEST-M is to deploy and support contracting, real-estate acquisition, environmental engineering, construction management and quality assurance.

The BDT is a 10-person team and provides installation planning and facilities design expertise for intermediate staging bases, base camps and displaced personnel camps to the deployed FEST-M.

This team performs its mission from the District and will usually never deploy.

The FEST-M has been evolving since October 2002. Since its inception, the 27-person team has conducted an individual training exercise and two collective training exercises totaling three weeks.

During the week of March 3, the team's most recent training

exercise members performed a wide variety of tasks ranging from training on the Theater Construction Management System and the Tele-Engineering Tool Kit to Tele-Communications Equipment and force protection.

Each training event incorporated hands-on learning, followed by a practical exercise based on real world events. The team is now ready to deploy to support contingency operations.

Individuals wishing to become part of the Field Force Engineering Team must first contact the District's Emergency Management Office.

The pre-deployment process will begin after signing a Statement of Understanding, continuing with preparations such as security clearance verification, passport acquisition and medical screening, to name a few.

Concurrently, volunteers will participate in an individual training exercise designed to instill the basic skills required to complete their specific job.

Next, the newly formed team will participate in a collective training exercise designed to train the members to problem solve and operate as one unit. Upon completion of the pre-deployment tasks and participation in the training exercises, individuals will be certified as deployable.

There is a need for continued support for backfilling the existing team and assembling the next team. Volunteers earn \$500 for signing, and an extra \$750 for completing the certification program.



*A member of FFE trains on the new, wireless technology that will be used to relay information from the field to a home base.*

## Three-time primary caregiver has no regrets

by Chanel S. Weaver  
Public Affairs Office

**W**hen Roy Anderson retired from the Corps almost 50 years ago, he planned to purchase a motor home and tour the entire United States. But Anderson's plans came to a halt when his wife, Bonnie, became ill.

"When Bonnie had a stroke, all of those dreams went out of the window," said Anderson.

Instead of enjoying the scenery of America's 50 states, Anderson spent the next eight years of his life caring for his wife until she died.

Then, he relocated to New York and eventually married again. But a few years later, his wife, Reva, also became ill, so Anderson cared for her until she died, ending their five-year marriage.

Even after Anderson married again, he still found himself in the role of caregiver. Eloise, his third wife, was suffering from Alzheimer's disease and Anderson bathed, clothed and fed her until she was no longer able to walk. Eloise passed away in September.

Although the retiree admitted he would have never prescribed this retirement situation for himself, he said he does not regret any part of his life.

"I'm convinced that part of

my life was scheduled to care for elderly women," said Anderson. "I'm thankful because I've been blessed with three wonderful wives."

Anderson has always demonstrated a deep concern for the welfare of others. In 1930, the year he began working for the Corps in the St. Louis District, Anderson offered his assistance to anyone who needed it. He eventually moved to Baltimore District and accepted a job serving as the chief of the newly formed maintenance branch.

Anderson's job required him to oversee the maintenance of various flood control projects after their completion. He said he enjoyed his days in the District.

"The most enjoyable aspect of working for the Corps was the day to day interaction with different people," said Anderson.

After retirement, Anderson started his own business and worked as a soils engineer. Later, he gave his business to his son and moved to Florida, where he lives today.

"In my earlier years, I traveled to Florida during the winter to enjoy the good weather," said Anderson. "Now, I live here all of the time. I'm glad there's no snow here."

Although he spends much of his time administering to the needs of others, Anderson does



Roy B. Anderson

take time to reward himself. He enjoys bowling and surfing the Internet. He also enjoys writing poetry. Many of his poems, on such subjects as love, patriotism and family, have been published.

Anderson, 95, is the patriarch of a large family. He has two sons, 12 grandchildren, 23 great grandchildren and one great, great grandson. He said he and his family have lived long productive lives. His sister is 91 and his third wife, Eloise was 94 at her death. Anderson's brother died at age 95. The retiree said he has no secret or explanation about why his family members have lived so long.

"I really don't know how we've managed to live so long," said Anderson. "I guess the Lord just likes us."

### ***Want to see your story in print?***

If you would like to share your retired years with the rest of the Baltimore District family, please drop a note to:

**U.S. Army Corps of Engineers, Baltimore District Public Affairs Office  
P. O. Box 1715, Baltimore, Md. 21203**

# Near capacity crowd attends annual Baltimore District Awards Ceremony

Despite heavy rain and strong wind gusts, hundreds of District employees flocked into the Sheraton Inner Harbor Hotel for the annual District awards ceremony March 20.

Narrator Scott Johnson, acting deputy district engineer for support operations, opened the program by recognizing employees who had 30, 35 and 40 years of government service. The audience gave Clyde Jeffers, OP, a standing ovation for his 50 years in the government.

Federal Executive Board nominees, as well as employees receiving the Army achievement medal, commander's award and superior civilian service award were also honored.

Two former District employees, Joseph M. Giacomini and Donald W. Roeseke, were inducted into the Gallery of Distinguished Civilian Employees. Both were praised for their dedication and high-quality service to the Corps.

While individual achievement was noteworthy, many teams were also recognized for their ability to effectively apply the Project Management Business Process to their everyday projects.

The program concluded with remarks from the District Engineer.

"The state of the District is good," said Col. Charles J. Fiala, Jr. "It's been a great year, and I'm proud of our progress."

Fiala reiterated the need to train new leaders. Though the District's future is filled with many projects, Fiala said that the war in Iraq would be the Corps most important concern.

He encouraged District employees to volunteer for Field Force Engineering and become directly involved in the war effort.

"For those of you who are adventurous, FFE is your opportunity," said Fiala. "Our No. 1 priority is to support the war effort."

## Length of Service

### 30 years

David Abbott, OP  
Lynn Airey, IM  
Michael Armstrong, CO  
Rosemary Bailey, CT  
Michael Barlock, EN  
Francis A. Bizzoco, RE  
Raphael Blevins, OP  
Leslie T. Blizzard, EN  
Stanley Block, EN  
Gerald Bresee, RE  
Victoria Brooks, RM  
Deborah Brown, IM  
James Bugg, Jr., EN  
Scott Bunting, OP  
Mary Campbell, RE  
Frank Cirincione, EN  
Nancy Cox, PP  
Thernell Davis, WA  
Florence Day, IM  
James Deluca, OP  
Gilbert Dent, CO  
Susan Dix, OP  
Frank Dopkowski, EN  
Doris Faulkner, EN  
Walter Garman, RM  
Mary Gentile, IM  
George Harman, Jr., RM

Barbara Hawthorne, CT  
Lewis Heck, OP  
Kenneth Honstine, OP  
Charles M. Johnson, WA  
Marie O. Johnson, EE  
Carl Keller, CO  
Kenneth Kulp, EN  
Patricia Kuta, RM  
Edmond Lazarus, EN  
Joseph Lease, Jr., EN  
Oliver Leimbach, Jr., EN  
Wayne Mcknight, OP  
Frank Meisel, Jr., CO  
Edward Palguta, PP  
Cathy Pelekakis, CT  
Rodger Reynolds, RE  
William Sharpe, Jr., EN  
Arthur Smit, CO  
Larry Smith, RM  
Betty Jane Tokach, CO  
James Turkel, RE  
Walter Washington, Jr., OP  
Robert Webb, RE  
Patricia Williams, OC  
Vernon A. Williams, WA  
Samuel Wright, EN  
Margaret Zimmerman, CT

### 35 years

Esther Foster, CT  
Barry Goldgeier, EN  
Steven Hall, IM  
James Hawk, EN

Thomas Hurlbut, OP  
John Kelly, OP  
Peter Maggitti, EN  
Mary Medley, RM

John Vogel, EN

### 40 years

Kenneth Egolf, EN

### 50 years

Clyde Jeffers, OP

## Federal Executive Board Nominees

Stacey E. Brown, PL

**Outstanding Supervisor, Trades & Crafts**

Charles R. Campbell, OP

**Outstanding Professional (Technical, Scientific & Program Support)**

Mark I. Mendelsohn, PL

**Outstanding Professional (Administrative, Management & Specialist)**

Paul R. Wettlaufer, OP

**Outstanding Para-Professional (Technical, Scientific & Program Spt)**

Billy R. Sanders, CO

**Outstanding Para-Professional (Administrative, Management & Spec)**

Patricia M. Frankenberger, EN

**Outstanding Clerical**

Janet E. Harvin, EN

**Outstanding Trades & Crafts**

John L. Lawson, WA

**Heroism**

Harold L. Catlett, Jr., OP and Antonius Sazaklis, OP

**Community Service**

Susan J. Platt, OC

**Distinguished Public Service Career**

Ronald A. Cucina, formerly OP

**Rookie of the Year**

Mallecia A. Hood, PL

## Army Achievement Medal for Civilian Service

Effie Hondrelis, PL

Laura A. Jones, PL

Susan M. Jones, RE

Angela M. Moore, PA

Karen C. Mulligan, OP

Natalie Schleicher, RE

## Commander's Award for Civilian Service

Carol Anderson-Austra, PL

Robert N. Blama, OP

Daniel M. Bierly, PL

Charles F. Canitz, RE

Patricia L. Coury, PL

Sandra L. Gore, PP

Susan B. Hughes, PL

David E. Keenan, CO

Curtis J. Knoff, OP

Glenn R. Morsey, CO

Robert S. Pace, PL

Carl A. Penski, CO

Dale L. Robertson, CO

Michael J. Rogers, PP

Mary Beth Thompson, PA

Paul R. Wettlaufer, OP

## Superior Civilian Service Award

Linda A. Morrison, OP

## Special Awards

*Baltimore Planner of the Year*

David B. Hand

*Meritorious Civilian Service*

William J. Mysliwiec

*Bert Pettinato Award For Pride in*

*Public Service for 2002*

Terri Davis, OC

*Planning Team of the Year*

Tioga-Hammond and Cowanesque

Lakes Master Plan

## Gallery of Distinguished Civilian Employees

Joseph M. Giacomini

Donald W. Roeseke

## Team Merit Awards

- **Civil Works Cost Share PDT**
- **Installation Restoration Program**
- **Lauderick Creek**
- **Revitalize 148 Family Housing Quarters**
- **"S" Block Core and Shell**
- **Spill Prevention Control**
- **Spring Valley Time-Critical Removal**
- **Regulatory Workbooks**
- **Advanced Chem Lab**
- **Columbia Gas Line**
- **Letterkenny Army Depot IRA & BRAC**
- **Scranton Local Flood Protection**
- **Small Project Pilot Program**

## Team Honor Awards

- **Area B11, Chemical/Biological Waste Disposal Pits Interim Removal Action**
- **Canal Creek Groundwater Treatment Plant Design-Build-Operate Project**
- **Design Build Multiple Award Contract**
- **Pentagon Memorial Design Competition**
- **Wyoming Valley Levee Raising Project**



The winning design by New York architects Julie Beckman and Keith Kaseman.

(Photo by Mary Beth Thompson)

## Jury selects design for Pentagon Memorial

by Mary Beth Thompson  
Public Affairs Office

The announcement of the Pentagon Memorial Competition winner March 3 was the satisfying conclusion to a tale well told for members of the Corps' Pentagon Memorial project team.

"The successful completion of the Corps' part of the project brings enormous respect for all the energy, heart and work by the team, designers, jury, families and loved ones," said Carol Anderson-Austra, the Corps' project manager.

Terry Riley, chair of the Pentagon Memorial jury, introduced the winners, New York architects Julie Beckman and Keith Kaseman, at the March 3 news conference in the Pentagon Press Briefing Room. Riley is chief curator of design and architecture at the Museum of Modern Art in New York.

Beckman, 30, and Kaseman, 31, stood behind their model as they gave details about their concept, a park-like field of 184 cantilevered benches set amid

trees and walkways.

"The site is organized based on a timeline of the victims' ages, starting with the youngest victim, Dana Falkenburg, who was 3 years old, and ending at the eldest victim, John Yamnicky, who was 71," Beckman said.

Each bench will appear to float above a lighted pool of water and display the name of a person who was killed. The benches will be aligned parallel to the flight path of the jet that struck the Pentagon Sept. 11, 2001, and will face toward or away from the Pentagon to indicate whether the person was on the plane or in the building.

The two architects explained their goals.

"First, this place had to be like no other place," Beckman said. "And that is simply because Sept. 11 was like no other day."

They accomplished their second aim, to note the sheer magnitude of the event, with a solemn record of the lives lost.

"We wanted to provide 184 special, unique places, each dedicated to an individual who

had lost his or her life," she said.

The materials they chose accomplished their last goal—to emphasize life. The stabilized gravel underfoot will be soft yet crunchy. The elements of water and light will reflect off the benches' aluminum surfaces. The benches will form a ripple effect across the grounds, and a canopy of trees will provide light, shade and shadow.

"We wanted to fill this space with evidence of life, and so we focused on a tactile, sensuous environment," Beckman said.

The Pentagon Memorial jury chose Beckman's and Kaseman's concept Feb. 21 from the submissions of the six finalists who competed in Stage Two of the competition.

In addition to Riley, jury members were: former Secretaries of Defense Dr. Harold Brown and Melvin Laird; family members Wendy Chamberlain and Jim Laychak; artists Sheila Levrant de Bretteville and Mary Miss; landscape architects

Walter Hood and Roger Martin; architect Karen Van Lengen; and Carolyn Shelton, wife of former Joint Chiefs Chairman Gen. H. Hugh Shelton.

When they first met last September for the Stage One judging, Anderson-Austra gave short and direct advice to the jury.

“You have two goals,” she said. “To satisfy the families, and to select a great design.”

All six finalists that moved to Stage Two submitted first-rate models and boards, making the jury’s decision a difficult one, according to Riley.

“Our deliberations were long and thoughtful and quite spirited,” Riley said. “But by the end of the day, it was a unanimous vote.”

Secretary of Defense Donald H. Rumsfeld approved the design shortly after the jury had made its choice.

Family members who were at the press briefing endorsed the selection.

“It really satisfies the needs of the families for a place of comfort and beauty, yet it also satisfies the needs of those around the world and our nation by explaining what occurred here,” Chamberlain said.

Fellow juror and family member Laychak told reporters it would be an individual and a collective memorial, telling the story of what happened that day.

“When we’re long gone and we can’t describe who our loved ones were, we want people to be able to go to the place and feel their presence and feel what we lost that day,” family member Stephanie Dunn told reporters.



The jury deliberates at the February meeting. (Photo by F.T. Eyre, HOUFACE)



Former DoD secretaries Melvin Laird and Harold Brown confer. (Photo by F.T. Eyre, HOUFACE)



Architect Julie Beckman points out a design feature of the model as Keith Kaseman looks on. (Photo by Helene C. Stikkel, DoD)

## District celebrates Black History month with African dancing

District employees who came to the Black History program expecting to be lectured about the significant accomplishments of African-Americans were certainly surprised.

The March 7 program, under the direction of Olufunmilayo Yomo, called for more participation than observation. From the moment Yomo entered the room, she adorned each attendee in fine African attire, which she said gave everyone a level playing field.

"There is no indication of hierarchy in this room," said Yomo. "You can't tell who is the supervisor and who is the employee."

Yomo was not a traditional speaker. In addition to dressing the attendees in African attire, she gave everyone the opportunity to play a variety of African instruments, such as the drums and the "rain stick."

But the highlight of the program occurred when the men in attendance engaged in a mock African war. These men playfully went to war, knocking each other to the ground to reenact African warfare.

Yomo, who believes that



Everyone participates in African dancing when Olufunmilayo Yomo teaches. District employees wore African clothes and participated in dancing and warrior-like activities. (Photo by Tex Jobe)

people learn better by participating, would not allow anyone to be an observer. Although the ladies in attendance did not participate in the mock battle, they were given the opportunity to learn a few dance steps.

Yomo, who has directed an African dance company for 30 years, said that dancing is a part of her that will never die.

"Dancing is my life," said Yomo.

In addition to working as a dance instructor, Yomo is also a drummer, storyteller and African priestess. She said that dancing, however, is her greatest joy because it has taken her through a lot of trials.

Yomo's gift of dance also inspired one Corps employee, Pamela Johnson, RE, whose day did not start off as she would have wanted. After participating in the Black History Program with Yomo, she said her day and outlook were totally turned around and became more positive.

"I had a rough morning, but the Black History program was uplifting and gave me the strength to make it through the rest of the day," said Johnson.

Like Johnson, many other District employees said that Yomo's presentation caused them to experience a similar emotional transition.

Baltimore, get your brooms ready

## 'Super Spring Sweep Thing 4' to happen April 5

There's still time to sign up for Mayor Martin O'Malley's annual "Super Spring Sweep Thing 4" to be held April 5.

On this day citizens will come together to repeat the successes of the past spring and fall clean-ups.

Last fall 4,000 volunteers

worked to remove over 700 tons of debris from their sidewalks, alleys, parks, lots and yards.

The Department of Public Works, along with Housing and Community Development, Recreation and Parks, Transportation and the Office of the Mayor will help by providing

volunteers with brooms, bags, rakes, gloves and shovels and disposal of collected debris.

Don't be left out.

To sign up and join your neighbors for "Super Spring Sweep Thing 4," contact your local community association or call 311.

## Corps safely destroys munitions at Spring Valley field office site

Last month, the Corps of Engineers safely destroyed several World War I conventional munitions found during its continuing investigation and cleanup of the Spring Valley formerly used defense site in Washington, D.C.

The munitions were demilitarized onsite at the Spring Valley field office using a T-10 Controlled Detonation Chamber.

The chamber's three major components, a detonation chamber, a steel expansion chamber and an air pollution control unit, are mounted on the bed of a tractor-trailer truck, which is transported to both military and civilian.

The chamber has been approved by the Department of Defense Explosives Safety Board as safe for disposing of conventional

unexploded ordnance items.

In use since 1988, the controlled detonation chamber technology has safely performed over 700,000 detonations.

"By being able to safely destroy these items on-site significantly reduces the risks to the public and workers of an unplanned ordnance detonation during the handling and transportation of the items to an off-site area," said Gary Schilling, Lead Spring Valley project manager with Baltimore District.

Prior to beginning the detonations, the Corps held a media day to explain to the local media what was involved in the detonation process. Later the same day, members of the Spring Valley Restoration Advisory Board were invited to the site to be briefed on the detonation activities.

## Bike to Work Day 2003 set for May 2

Join your fellow employees at the Baltimore City Hall Plaza May 2, from 7 to 8:30 a.m., for Bike to Work Day 2003.

The purpose of this annual event is to raise public awareness of bicycle commuting in the Baltimore region; encourage local leaders to support bicycle commuting region-wide; and promote bicycling as a healthy and enjoyable commute option that eases congestion.



Bike commuters and supporters can have breakfast, participate in prize drawings and talk to elected officials at rally points.

Among the organizers of the event are the Maryland Departments of Environment, Planning and Transportation; Mayor's Bike Advisory Group; and the City of Baltimore. For more information, call Katherine Shriver at 410-732-0500 or [kshriver@baltometro.org](mailto:kshriver@baltometro.org).

## Technology and you

### New rings include cat, dog, rooster sounds

If you're tired of confusing the ring of your cell phone with someone else's, relief is on the way.

The new rings are made possible by "music instrument digital interface" (MIDI) and are part of cell phone companies' efforts to be different from competitors.

The distinctive ring is the electronic equivalent of vanity plates. Dozens of web sites let you download ringtones for as little as 50 cents.

With new technology, also available on all phones, the sounds are as clear as what you'd hear on the radio, according to a Verizon Wireless spokesman.

### How to treat 'Blackberry thumb'

Many people spend a lot of time typing with their thumbs on the tiny keyboards of Blackberry wireless devices.

Add to those the number who use the new "thumbboards" that hook onto hand-held organizers, and you can see that thumbs are under a lot of pressure.

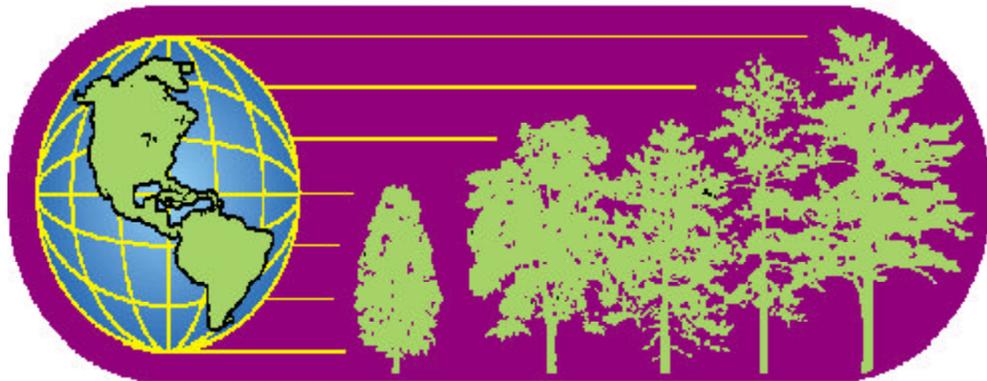
The result is a lot of aching thumbs. Orthopedic surgeons treat Blackberry thumb with anti-inflammatory medications, splints, and physical therapy. Some chiropractors prescribe hand stretches, breaks, and exercises with tennis balls.



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Official Business

# REMEMBER



# EARTH DAY

## April 22