



CONSTELLATION

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Dredged material from the Baltimore Harbor Anchorages and Channels project is unloaded at the Hart-Miller Island pier. (Courtesy Weeks Marine, Inc.)

Corps plans for disposal of dredged ordnance

by *Mary Beth Thompson*
Public Affairs Office

Because of the possibility of finding military ordnance in dredging debris, Baltimore District will set up a no-watercraft zone near the pier on the southeast side of Hart-Miller Island in the Chesapeake Bay in mid June. The area will be restricted for up to 30 days as a safety measure while barges containing debris dredged from Baltimore Harbor are unloaded at the island's pier.

The restricted zone around the Hart-Miller pier will begin on the first day that debris dredged from the area between Fort McHenry and the Francis

Scott Key Bridge is unloaded from barges at Hart-Miller. That was scheduled for June 15 at press time.

"The waterway-restricted zone will be in effect for a maximum of 30 days but will be released as soon as the unloading operation is completed," said Project Manager Claire O'Neill.

Baltimore harbor's anchorages and channels are dredged to help keep the Port of Baltimore viable. During dredging operations, pieces of timber and metal, chunks of concrete, tires and other debris are occasionally brought up from the harbor floor. This refuse is loaded into debris barges.

Last year, World War II vintage ordnance items were discovered in a debris barge during the dredging operations. The materials were safely detonated or disposed of at the time.

Rock Island District subsequently conducted an ordnance and explosives documentation review for Baltimore's ongoing dredging project. The review was unable to conclusively determine whether the ordnance had been dredged from the harbor or was unintentionally transported in the scow from other locations.

(Continued on p. 6)



U.S. Army Corps
of Engineers
Baltimore District

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Commander's Comment

District employees respond when called

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

A year ago on April 28, communities in Charles, Calvert and Dorchester counties were hammered by heavy rain and a tornado, with winds of 261 mph. Along with the accompanying storms, the tornado's wrath did extensive damage across the region, including the town of La Plata. It also came within two miles of the Calvert Cliffs Nuclear Power Plant.

The next day Maryland's governor declared a state of emergency, and Baltimore District's Debris Removal Planning and Response Team responded to assist in the cleanup effort. On the La Plata site, the Baltimore team set up a "mini-district," where they identified a specific debris removal plan, determined where to take debris and how to conduct the cleanup effort. Team members monitored contractors, making sure that all actions were in accordance with federal standards and procedures.

The District's team represents another stellar example of the positive role that the Corps plays in the lives of Americans and, in

particular, how important our team members are to a community, both locally and across the division.

Baltimore specializes in debris removal as part of the Federal Response Plan. Our 12-member team rotates with six other Districts that specialize in debris removal around the country, but sits alone as the only district in the east. Our services are on call whenever requested by the Federal Emergency Management Agency, or FEMA.

For example, when the World Trade Centers were attacked Sept. 11, it was FEMA that requested our services to assist state and city workers in the cleanup effort. Contractors responded in just a few days and offered some of the best services and newest technology.

When our team arrived at the site, they found state workers using antiquated technology to search through the wreckage. Our team was able to provide specialized machines that accomplished the same mission faster and more effectively, thus speeding up the process and contributing to a significantly faster cleanup effort.

FEMA requested our debris removal services to

respond to the wreckage at the Pentagon as well. Baltimore District employees assisted other federal agencies in providing a forensic structural analysis of the damaged areas.

We also assisted the Army in reestablishing temporary office space for 1,200 personnel at the Taylor Building and continue to provide the Army with interior design services for creation of office space for permanently displaced personnel.

Being ready to respond on a moment's notice is indeed commendable, and I salute all of you who constantly step up to the plate to take on these additional challenges and missions.

I also want to commend all of you for the outstanding work you do every day. I was reminded of your good work when I attended the Federal Executive Board's annual awards program in May where so many of you received recognition for your outstanding work. You all have much to be proud of—our constant state of readiness, our cooperation with other federal agencies, our willingness to do the job in the best way possible, our customer service, to name a few. Thank you for your dedication. **Essayons.**

New ID card is ready for distribution

by Christopher Augsburger
Public Affairs Office

For the past two years, plans have been under way to convert all Department of Defense, or DoD, personal identification badges, military and civilian, into one common form.

Initiated by DoD, and mandated by Congress, the plan to convert the current identification cards to the new version is scheduled to be completed by Oct. 1, 2003.

Al Eberwein of the Information Management Office is coordinating the implementation with the various offices in the District. He said that the conversion process over the next five months to the Common Access Card should be fairly easy.

"Every office or division has a point of contact with all the information needed to make the change," he said.

To receive the new ID cards, employees must report to an approved DoD issuing site. The process resembles that of renewing a driver's license, only without the long Saturday afternoon lines.

Simply fill out a form, get a new picture taken, then wait a few minutes for the card to be assembled. The whole process can be done in a very short time.

Eberwein received his new ID card from the location nearest the City Crescent Building—the 5th Regiment Armory. It only took 15 minutes from start to finish, he said.

On average, the issue time

for the new card will take an employee 12 to 20 minutes, depending on how many people are in line, according to Eberwein.

While the 5th Regiment Armory does not charge a fee, some

availability of a portal will determine whether or not that will occur.

Even without the mobile workstation, Eberwein said that using the light rail to get to the 5th Regiment Armory is still very convenient.

The armory is next to the Cultural Center stop, which sits only about 10 blocks north of the City Crescent Building.

The nearby Naval Reserve Center at Fort McHenry offers another convenient option for employees.

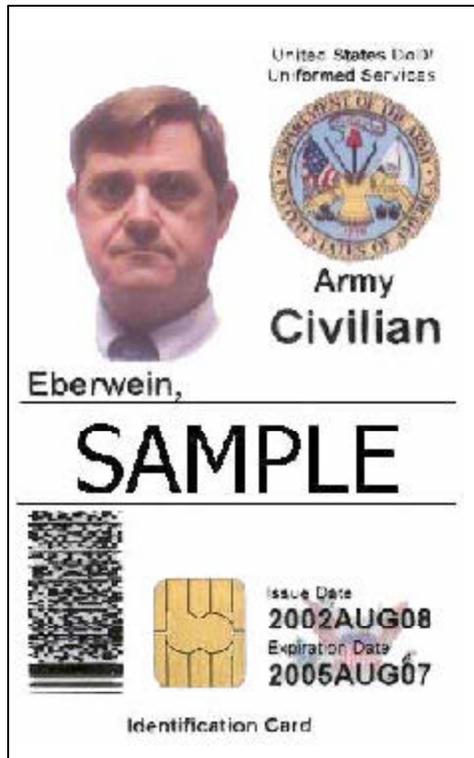
The new ID card offers many advantages to employees. It can hold much more information than the old one, allowing the new ID to act as an all-in-one access card.

The same card that provides access to a building or installation will also replace the old CEFMS card and provide electronic signatures to official documentation.

It has already become the preferred form of photographic identification on most military installations and federal buildings. And while it resembles the old CEFMS card in size, the chip is entirely different.

When the official switch-over is complete, the old CEFMS card will no longer work.

Eberwein said officials hope that employees will appreciate the convenience of carrying around one badge for all the various access tasks and security levels currently in place, making security in the workplace more efficient, effective and user-friendly.



locations, like Fort Meade, do. Eberwein points out that each employee must receive supervisory approval to visit a site.

Getting the new card sooner, rather than later, will decrease the amount of time and inconvenience.

"I believe the lines will be a lot shorter early-on and longer as we get closer to the deadline," said Eberwein.

The idea of bringing a workstation to the District for the convenience of employees has been discussed, but funding and

Former District employee to join SES ranks

story and photo
by Chanel S. Weaver
Public Affairs Office

Whenever Chris Hinton-Lee meets a young engineer who is uncertain about what career path to choose, she encourages the youngster to join the Corps of Engineers. She often attends job fairs to motivate young people to pursue a career in federal service.

"I see it as my responsibility to encourage others to come to the Corps of Engineers," said Hinton-Lee. "No matter what your expertise is, there is always a place for you in the Corps."

Hinton-Lee knows from personal experience that a federal career can be rewarding. In 1975, she began her career in Baltimore District's internship program as a junior engineer trainee.

Today, almost 28 years later, she supervises over 80 architects and engineers as the director of the Engineering and Construction Division at the Corps' Transatlantic Program Center in Winchester, Va.

Later this month, Hinton-Lee will be promoted to a Senior Executive Service position as the military and technical director of the Great Lakes and Ohio River Division of the Corps.

In this position, Hinton-Lee will oversee the military and technical operations of five Corps districts: Chicago, Detroit, Louisville, Nashville and Pittsburgh.

A native of Greenwood, Miss.,

Hinton-Lee has not always enjoyed the success that she does today. She grew up in the segregated south and often faced racial and sexual discrimination. As a young girl, others often mocked Hinton-Lee when she told them of her dreams of becoming an architect.

"At the time, no one had ever seen a black architect,"



Chris Hinton-Lee

she said. "Neither were there any female architects in Mississippi. I was encouraged to be a teacher, a job that was considered suitable for a woman."

Despite the obstacles she faced, Hinton-Lee was determined to pursue her dream. She studied industrial arts at Jackson State University and received her degree in architecture from the University of Arkansas.

"My parents taught me that nothing was out of my reach," she said. "The facts of your

circumstances don't matter. It is how you respond to the facts that determine your outcome."

It is this optimistic attitude that has carried Hinton-Lee far in her life. Twice featured in *Ebony* magazine for her accomplishments, Hinton-Lee has completed numerous long-term assignments with the Corps, including HQUSACE program manager and co-chair of the Assistant Secretary of the Army's Task Force for the Residential Communities Initiative.

Mary Dan, who once worked with Hinton-Lee in the District's construction division, said Hinton-Lee has always possessed a drive to succeed.

"Chris has always been a very energetic, enthusiastic and focused individual with strong leadership qualities," said Dan.

Frank Cirincione, chief of the District's Master Planning Section, also shares fond memories of Hinton-Lee's days in the District.

"In the Baltimore District, Chris is fondly remembered for her poise and professionalism," he said.

Hinton-Lee lives in Stephen City, Va. She and her husband, Nicholas Lee, have one son, Nicholas Micah.

Her hobbies include calligraphy, drawing caricatures, playing chess, building furniture and shopping for antiques.

Hinton-Lee is also a member of many engineering associations and Delta Sigma Theta Sorority.

'Volunteers — integral to America's success'

by: Chanel S. Weaver
Public Affairs Office

Millions of Americans united to celebrate the 30th annual National Volunteer Week from April 27 to May 3. This year's theme was "Celebrate Volunteers—The Spirit of America!"

During National Volunteer Week, volunteers across the nation come together to participate in some type of charitable project that benefits the community.

Some volunteers clean up local parks; others visit the elderly in nursing homes, while others help children in local schools.

Another tradition of National Volunteer Week is honoring volunteers who commit themselves to selfless service throughout the year.

Hundreds of institutions often hold volunteer appreciation parties and give small tokens of appreciation to recognize the contributions of volunteers, who help to keep their businesses running effectively from day to day.

President George W. Bush also believes that it is important to annually recognize volunteers. Each year the president issues a proclamation during National Volunteer Week, urging Americans to volunteer to help those in need and to honor the volunteers across the country who are answering the call to service. Bush said that volunteers are integral to the success of America.

"Citizen service has always been a cornerstone of our democracy," said Bush. "Since

our founding, Americans have stepped forward to serve the needs of others, strengthen our communities and defend the freedom we treasure."

Like many other organizations, Baltimore District paid tribute to their volunteers last month.

One field office — Tioga, Hammond, and Cowanesque Lakes Project — has many valuable volunteers who assist the staff with work and programs that would not continue or even be possible because of time and funding constraints.

Although many volunteers come and go, one volunteer has become a fixture at Tioga, Hammond—Ralph Brown, who has been in the Corps of Engineers Volunteer Program since 1996. He is an employee of Experience Works, formerly known as Green Thumb.

Brown trims and mulches trees, hauls branches, and even cleans intersections of roadway debris. You name it, and he is ready to help.

During the winter months, Brown can be found in the carpenter shop rebuilding picnic tables and building bluebird boxes. One winter recently, he single handedly rebuilt 150 picnic tables and 18 floating dock sections.

John Gible, project manager at Tioga, Hammond and Cowanesque Lakes, said that Brown is quite an asset to the Corps.

"Ralph is pretty amazing for what he gets done," said Gible. "He is always willing to go above and beyond the call for duty."

The Tioga, Hammond maintenance staff keeps Brown busy by supplying him with old tables



Ralph Brown

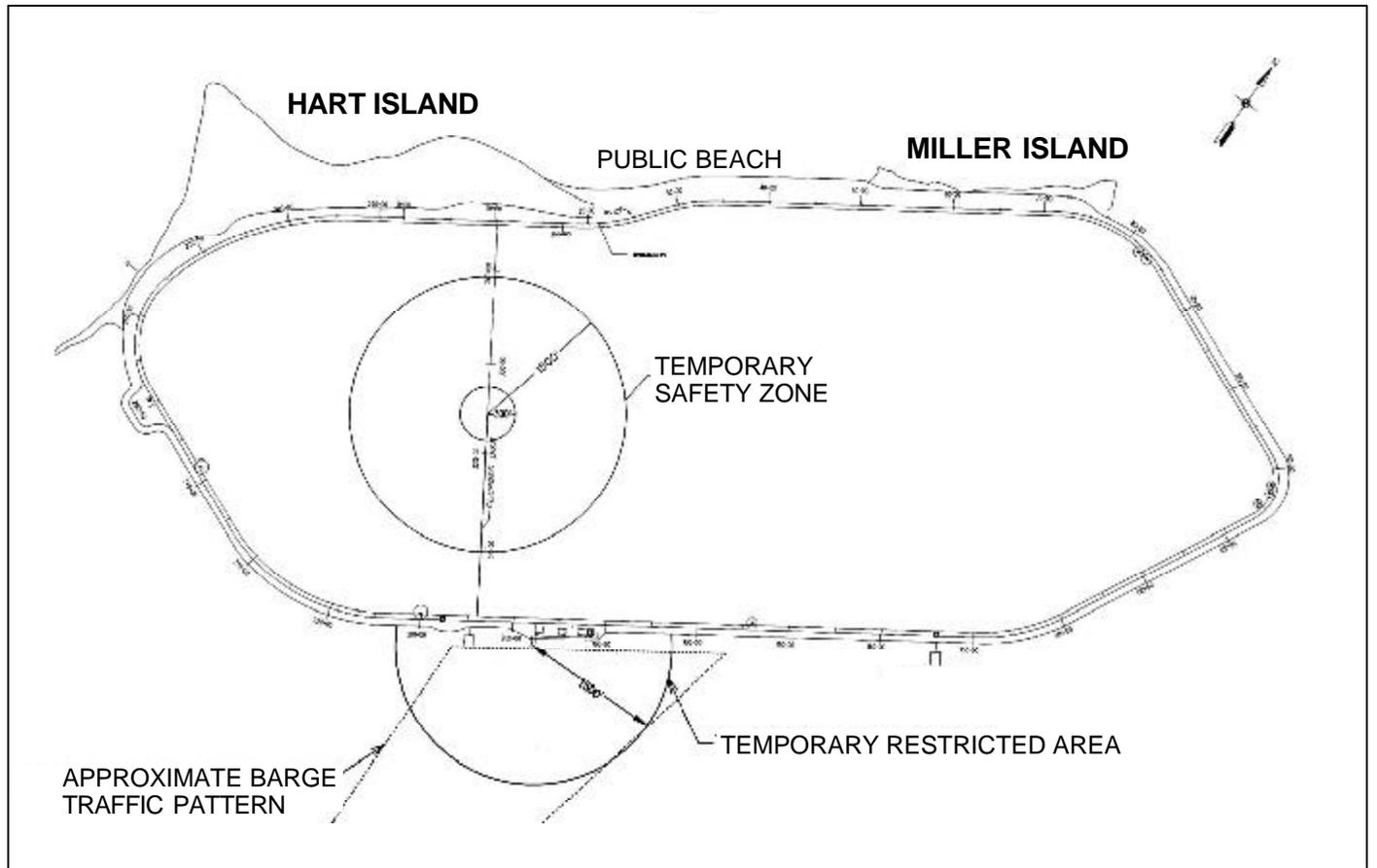
and putting out his finished picnic tables.

Brown, 72, said that the one thing that bothers him most is being idle. He enjoys working with the Tioga, Hammond, and Cowanesque Lakes project staff because they do their best to keep him happy by keeping him busy.

Although some people only volunteer once a year, the Tioga, Hammond and Cowanesque team appreciate Brown because he has made volunteering a part of his lifestyle.

"Ralph has been with this agency for years," said Dina Dreisbach, a member of the Tioga team. "He deserves this recognition."

For more information on National Volunteer Week, sponsored events, or to get involved in local activities, call 1-800-VOLUNTEER or visit _____.



A temporary restricted area and a temporary safety zone are being used at Hart-Miller Island to protect the public during the unloading of dredging debris and the destruction of ordnance extracted from the debris.

(U.S. Army Corps of Engineers, Baltimore District map)

Munitions recovered from dredging

(continued from cover)

Baltimore Harbor was defended by a number of seacoast fortifications from 1800 to 1928. All coastal fortifications tested and practiced firing their guns. During the War of 1812, Fort McHenry was bombarded by an estimated 1,500 10-inch and 13-inch mortar-bombs and rockets. In addition, at the conclusion of World War II, incoming vessels may have unloaded ordnance in the harbor to avoid inventory claims.

Although ordnance items had not been discovered during Baltimore harbor dredging operations prior to last year,

this project involves deepening and widening some channels, said Russ Marsh, dredging manager for the project.

Because of last year's experience and previously untouched harbor bottom is being dredged this year, the potential for discovery of ordnance items during this year's debris unloading operations existed, he said. Several items have already been found.

The project team made plans to handle that possibility, which include the waterway restrictions near the pier during unloading. A safety zone will be set up on

the island while the debris is sorted. Explosives that are found will be detonated within the safety zone.

Buoys will mark the perimeter of the restricted area at 300-foot intervals. Signs on the buoys will state that no boats are allowed. Signs will also be posted on shore. The buoys and signs will be removed when the unloading operation is finished, O'Neill said.

The restricted area extends 1,500 feet into the waterway from the pier. Much of the restricted area lies within the channel used by barge traffic



Contractor Weeks Marine, Inc., dredges in Baltimore Harbor
(Photo courtesy of Weeks Marine, Inc.)



This intact 20mm round was found in the bottom of a debris barge in May 2002.
(Photo by George Follett, Baltimore District)

traveling to and from the island, Marsh explained.

The area is popular with crabbers, too. The project team met with the Maryland Watermen's Association and the Baltimore County Watermen's Association to help get the word out about the restrictions and reduce the impact to their operations.

"Watermen will be allowed to check any pots in the restricted area from the start of the crabbing day until 7 a.m.," O'Neill said. Unloading lasts about 10 hours a day, ending beyond the allowable

crabbing hours.

The project team also coordinated with the U.S. Coast Guard, the Baltimore County Bomb Squad, the Maryland Department of Natural Resources, Maryland Environmental Services, the Hart-Miller Island Citizens Committee and the Maryland Port Administration.

The unloaded material will be sorted for ordnance items near the center of the island's cross dike. During these activities, expected in the June to August timeframe, a 300-foot-radius safety zone will be established. The zone will be expanded to a



These ordnance items were discovered in a debris barge during the 2002 harbor dredging operations.
(Photo by George Follett, Baltimore District)



Baltimore District dredges Baltimore Harbor's anchorages and channels to help keep the busy port viable.
(Photo courtesy of Maryland Port Administration)

1,500-foot radius if needed.

If ordnance is found, it will be detonated within the appropriate safety zone. Detonations will occur on weekdays, and sandbags will mute the blast, O'Neill said.

Hart-Miller Island has a public beach, and the bay waters around the island are popular with boaters. Neither the 300-foot nor the 1,500-foot safety zones will reach the public areas of the island or the water surrounding it. However, the project team prepared a flyer that explains the situation and the potential for noise from the detonations. The flyer will be given to beachgoers.

Safety, Logistics offices get new chiefs

by Chanel S. Weaver
Public Affairs Office

Tom Waters

In just four short years, Tom Waters has become a chief in Baltimore District, and one of the youngest. Waters, 32, recently assumed the position of chief of the District's Safety and Occupational Health Office.

In 1999, Waters began his career with the Corps as an industrial hygienist contractor at the District of Columbia Public Schools project.

Now, Waters is responsible for managing the District's safety and health program and working hard to eliminate accidents and injuries on District projects.

Waters said he has a vision for what he wants to accomplish in the Corps.

"I want to change the way people view the safety office," said Waters. "Everybody in the Corps is our customer, and we want people to know that we are a resource for the District."

Prior to coming to the Corps, Waters worked as a program manager for Boggs Environmental Consultants in Frederick, Md., and as a project manager for Sverdrup Corporation in Baltimore.

He holds a bachelor's degree in resource management and a master's degree in safety and environmental management.

Waters lives in Frederick with his wife, Catherine. The couple has a 17-month-old daughter, Anna, and in April, Catherine gave birth to their son, Michael.

Although Waters said he will miss working with the District employees in the Central Wash-



Tom Waters

ington Area Office, he admits that he will not miss his two-hour commute to Washington, D.C., each day.

Ron Martin

Ron Martin has worked for the federal government over 40 years, but his days in the workforce are not finished yet.

Last month, Martin was promoted to chief of the District's Logistics Management Office. Although Martin, 60, is eligible to retire, he said that he is still motivated to serve his country.

"The most enjoyable aspect of working for the Corps is helping people," said Martin. "I am always proud when we receive words of gratitude from the people we help."

In addition to his new position, Martin is chief of NAD's Emergency Response Team and helps people often. Whenever a natural or man-made disaster occurs, Martin and his team are ready to deploy. He recently

helped in the Sept. 11 emergency effort.

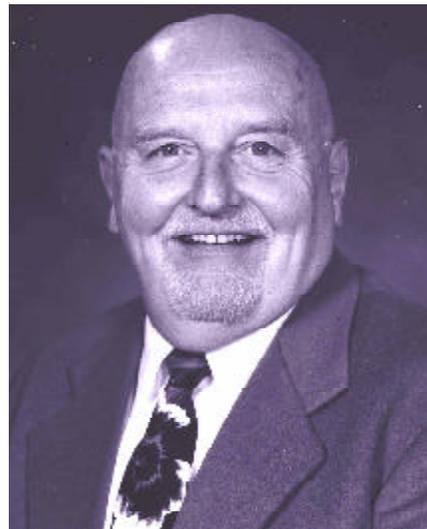
Martin joined the Corps in 1992 and has served as chief of the District's Supply Branch for the past 10 years. Prior to coming to the Corps, he served 26 years in the military. He also worked as a civilian for five years as the chief of the Services Division of the military community in Frankfurt, Germany.

Martin said that his experience in the military taught him many valuable lessons.

"In the military, I learned to not allow people to make me upset. People should not dictate how one responds to a situation," he said.

Martin lives in Crownsville with his fiancée, Tori. He has one son, Ron, Jr., and one daughter, Carol.

Martin holds an associate degree in computer science. His hobbies include carpentry and photography. He also enjoys visiting his son and grandson, Jared, in Atlanta and taking care of the family's five cats and three dogs.



Ron Martin

Logistics chief retires after 34 years

by: Chanel S. Weaver
Public Affairs Office

Dozens of District employees gathered May 1 to bid farewell to Pat Dockery, former chief of the Logistics Management Office.

Although Dockery's co-workers want him to enjoy retired life, many of them said they were sorry to see him leave because he was such an asset to the Corps of Engineers.

"Pat always seemed to me to be a person of great knowledge and integrity," said Judy Bemis, an administrative support assistant in LMO. "He has made my time in the Logistics Office very fulfilling."

Dockery, 59, retired after 34 years of federal service. Before he came to the Corps, he spent 15 years in the Active Army and 14 years in the Reserve, where he retired at the rank of lieutenant colonel in 1995. While he was in the Army, Dockery fought in the Vietnam War, where he commanded a battalion of 23 troops.

"I always admired the fact that he had a wall full of war honors and commendations that covered his entire office," said Bemis.

Dockery joined the Corps in the early '80s. He said that his most enjoyable time with the Corps occurred in the days following Sept. 11.

"I was deployed to New York to help the Federal Emergency Management Agency in their cleanup efforts," said Dockery. "It was so rewarding to be able to help people."

Just as Dockery was praised

for his integrity in the Army, he was also commended for his work ethic in the Corps.

Theresa Quick, daughter of Dockery and a contract specialist in the District's Contracting Division, said her father always urged others to serve their country.

"My father loved his job and loved coming to work," said Quick. "He constantly gave me grief if I wanted to take a sick day or extend a vacation. His values and ethics are something that should be commended in today's work place."

Quick joined the Corps in 1992 after her father urged her to apply for a position in the Contracting Division.

In addition to Quick, Dockery has six other children, three boys and three girls. He lives in Baltimore with his wife, Theresa. The couple will celebrate 40 years of marriage next year.

Although Dockery said that work has kept him busy, he has found some time to enjoy outside activities. During the Christmas season, he visited his parents in the Republic of Panama, where he was born.

"Panama is really a beautiful place," said Dockery. "The weather is not as hot as some think it is."

Dockery earned a master's degree in management supervi-



Pat Dockery shows off his caricature, a gift from his friends, at his retirement party at a local Baltimore restaurant May 1. (Photo by Tex Jobe)



Pat Dockery models his fire marshal cap at his retirement party. (Photo by Tex Jobe)

sion from Central Michigan University. His hobbies include fishing, golfing and traveling; he is also active in the Vietnam Veterans Institute, where he serves as treasurer.

Annual F.E.B. ceremony honors District employees

Hundreds of people gathered at *Martin's West* May 2 to attend the 36th Annual Excellence in Federal Career Awards Ceremony and Luncheon. The theme of this year's program was "Affirming Pride in Public Service."

Richard Howell, executive director of the Federal Executive Board, said that civil servants and military employees should be applauded for their efforts.

"Helping our leaders, employees and fellow workers feel proud of their efforts is a task that we should embrace," said Howell.

"These hard-working Ameri-

cans should all be considered our heroes."

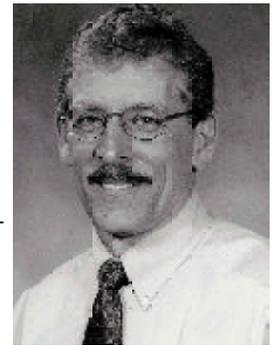
One award winner, Paul Wettlaufer is considered a hero in Baltimore District. Wettlaufer, who was nominated for an outstanding professional award, was the only gold award winner in Baltimore District.

Wettlaufer manages a \$5 billion transportation program in Maryland, Pennsylvania and Washington, D.C. He was praised for always exhibiting the Army's seven values: loyalty, duty, respect, selfless service, honor, integrity and personal courage.

Although Wettlaufer was the

District's sole gold award winner, there were other District employees who were recognized at the ceremony.

They included Stacey Brown, Mark Mendelsohn and Mallecia Hood, PL; Charles Campbell, Harold Catlett, Jr. and Antonius Sazaklis, OP; Ron Cucina, formerly OP; Billy Sanders, CO; Patricia Frankenberger and Janet Harvin, EN; and John Lawson, WA.



Paul Wettlaufer

Army destroys chemical munitions at Spring Valley

Last month, the Army began destroying World War I chemical munitions recovered during the Corps of Engineers' investigation and cleanup of the Spring Valley formerly used defense site in northwest Washington, D.C.

To destroy these munitions, Army experts set up a mobile onsite system, known as the Explosive Destruction System, or EDS. Mounted on the bed of a tractor-trailer truck, the Army-developed EDS' special components are designed to safely treat and neutralize the chemical agent in the munitions.

Although, the EDS has been successfully used to destroy recovered chemical munitions at several other sites in the country, this is the first time the system has been used at Spring Valley.

The process involves a number of steps to destroy the recovered chemical munitions one at a time.

First, a commercial explosive is placed on the munition. It is then put inside the EDS' 50-gallon stainless steel containment vessel.

The vessel is sealed, and the explosives are remotely detonated. This opens the outer casing of the munition. The containment vessel prevents the release of metal fragments and chemical agent into the environment.

Next, neutralizing chemicals that react with any chemical agents in the munition to form a less toxic substance are pumped into the containment vessel. Heaters within the containment vessel are turned on, and the hydraulic oscilla-

tion sub-system mixes the reacting chemicals to ensure complete neutralization.

The resulting liquid is drained into drums and trucked to a permitted facility for disposal. By using the EDS, the risks associated with the storage, handling and transportation of chemical filled munitions are significantly reduced.

The Environmental Protection Agency, D.C. Department of Health and the Department of Defense Explosives Safety Board approved the EDS use at Spring Valley.

The EDS was presented to the Spring Valley Restoration Advisory Board at the board's April 8 meeting as the safest and most expedient method for removing recovered chemical warfare materiel from the neighborhood.

Change of Command ceremony scheduled

A Change of Command ceremony to say goodbye to Col. Charles J. Fiala, Jr., who will retire from the U.S. Army, and welcome the new Baltimore District commander, Col. Robert J. Davis, Jr., is scheduled for Aug. 1 at the Wyndham Hotel,

Fayette Street, Baltimore.

All employees and retirees are invited to attend the ceremony, which will begin at 10 a.m. A reception for employees to meet the new commander will be in the City Crescent Building in the afternoon.

Construction begins at D.C. school

At a groundbreaking ceremony May 19, officials with the District of Columbia Public Schools, Army Corps of Engineers and others celebrated the start of construction of the new Thomson Elementary School in Washington, D.C.

A new addition and the full modernization of the school's original 40,187 square foot building will enhance the school's instructional program while preserving the facility's history, which dates to 1910.

When the new school is finished in 2004 it will have a total of 67,000 square feet and have room for 335 students.

Designed by Lance Bailey and Associates of Washington, D.C., the new school will include a classroom wing, a media center and state-of-the-art voice and data communication systems.

The new facility will also feature new and improved public areas such as a cafeteria/gymnasium, art room and underground parking.



Sons and Daughters Day in District

Tracy Keefer, Operations, shows students a creepy crawler at the annual event April 24. District employees' children, between 8 and 15, visited one of the Corps' man-made wetlands and learned how the environment affects one's everyday life. This year, the District partnered with the National Park Service and the National Aquarium to teach the children about wetlands.

(Photo by Tex Jobe)

News you can use

Stress relief

A study of married couples shows that when given unpleasant tasks, pet owners performed better when their animal companions were near than when their spouses or human friends were around.

The study by State University of New York had volunteers mentally solve math problems while dipping one hand in ice-cold water for two minutes, both well-known stress inducers.

Pet owners made fewer errors in math and their heart rates and blood pressure returned to normal faster when their pets were near.

Doctors say people try to perceive others as supportive, but instead think they are evaluating one another. A pet loves them no matter what.

Eat corn, eggs, spinach

The antioxidants zeaxanthin and lutein can protect your eyes against age-related macular degeneration, the most common cause of blindness in the United States.

Doctors at Harvard have discovered that zeaxanthin especially protects by absorbing ultraviolet light before it can damage your retinas. Corn, eggs and spinach are good food sources.

Symbolism of the flag makes patriots of all

Flying the flag at home, displaying it on lapel pins, and saluting it at public events is an American tradition.

The flag reminds all of America's history and the heroes who made it possible.

You can see it at war memorials on the Mall in Washington, D.C., on the battlefields at Bull Run and Antietam, and at the cemeteries, like Arlington and Gettysburg, where those who fought and died are buried.

Even more dramatic is a

view of the Stars and Stripes being carried into action in foreign lands. This nation's sons and daughters are again involved in military action to ensure the

safety of Americans and citizens of other countries.

In the days after the attacks of Sept. 11, crowds of people gathered in the streets shouting "USA, USA, USA!" They flew the Stars and Stripes from their porches, balconies, and cars.

Honoring the flag is a basic way to express your love of country. Millions of Americans are doing it now.

Americans stand together. Americans pledge allegiance to the flag.



Honoring America's national symbol

The idea of an annual day to honor the U.S. flag is believed to have originated in 1885. B.J. Cigrand, a school teacher, arranged for the pupils in his Fredonia, Wisc., school to observe June 14 (the 108th anniversary of the official adoption of "Flag Birthday.")

In many magazine and newspaper articles over the following years, Cigrand enthusiastically advocated the observance of June 14 as Flag Birthday, or Flag Day. Gradually, the idea was adopted in many areas.

Inspired by decades of state and local celebrations, Flag Day

was officially established by a proclamation of President Woodrow Wilson in 1916.

But it was not until August 3, 1949 that President Harry Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

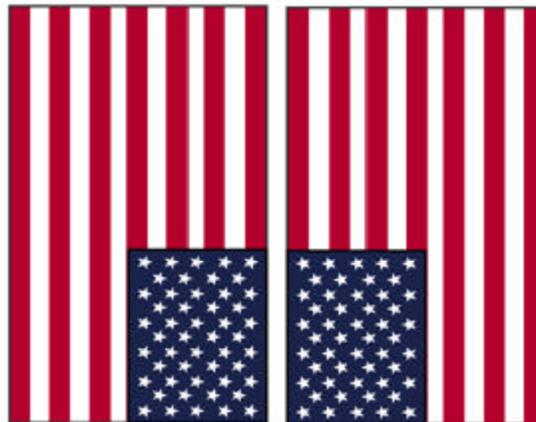
Do the soldiers wear backward flags?

With troops getting a lot of air time during the past weeks, many keen-eyed observers have noticed something strange about the patches on their uniforms.

The flag patches seem to be backward.

To be more specific, the flag patches on each soldier's right shoulder do not follow the convention for displaying Old Glory. The American flag flies so that the blue field, or standard, is at the top, closest to

the pole. If carried into battle, as was the practice in ancient times, the flag bearer leads with the stars.



However, if the flag is not affixed to a pole, the standard should be on the top left. Sharp-eyed readers will notice the problem.

If the flag patch on the soldier's right arm were fastened according to convention, the soldier would be rushing into battle with the stripes facing forward. This would never do.

The military thus makes an exception for the display of the flag on the right shoulders of soldiers.