

HBCU's

(Continued from Page 5.)

the services SWL needed with those UAPB could provide.”

For the present, that service comes in the form of printing. Ficklin said UAPB's reputation as a leader in technology is known nationwide. In 1995, the university purchased a four-color printing press, complete with plate makers, for \$1 million.

A staff of 29 permanent employees plus 25 student workers operates the print shop. The university also runs its own courier service that makes daily runs to the customers who use UAPB's print shop.

Ficklin said services like this make UAPB a “big time” player in the Pine Bluff market.

“UAPB is the only company in the Pine Bluff area that has a true four-color press,” Ficklin said.

“Various companies use us since no one else in the area has that type of press, but we haven't really stepped out into the

corporate side of things.”

Stepping into the corporate spotlight is one thing the school hopes to achieve through this partnership, Ficklin said. He added that the Corps is also looking at the partnership as an opportunity to gain technology training from Arkansas' first “wireless campus.”

“We were the first university to have a true Internet protocol conversion network,” Ficklin said. “Hopefully we'll be able to pilot an IP conversion network for the district and give the necessary leadership for the program.”

Bruce said another positive aspect of the program comes from training possibilities gained through the partnership.

“We're focusing on procurements that are vital for us to operate as a district, while at the same time, helping build better bonds with local HBCUs,” she said. “Our goal is to obtain a quality product and service for a fair and reasonable price.”

Last year, UAPB provided district training for Microsoft Office software and conflict resolution, Ficklin said, and university officials hope to add to that list in the coming year.

“There is this wonderful synergy between UAPB and the Corps,” Ficklin said. “Working with Little Rock District is helping the 25 student workers in the press shop gain real world experience they will really benefit from when they graduate, so we are very excited about this partnership.”

Bruce credited SWL Commander Col. Benjamin Butler for “thinking outside the box” and finding a way to gain valuable services while simultaneously giving back to the community.

“He has a true understanding of the small business program and its principles,” she said. “Our ultimate goal is for long-term benefits from short-term costs. It hasn't been easy, and it's not something that's going to happen overnight.”



US Army Corps
of Engineers®
Little Rock District

LRDispatch

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P2 program will enable PMBP

by Dorothy Seals
LRDispatch staff

More training? More software? More problems?

Is this what can be expected from the Army Corps of Engineers' new P2 system?

Chief of Engineers Lt. Gen. Robert Flowers said the answer is no at a recent townhall meeting in Little Rock.

Flowers said P2 is a tool that will make it easier for program delivery team members and program managers to do their work. If it doesn't, “then we will improve it until it does.”

“A lot of time and hard work has gone into developing P2,” Flowers said. “And when you see it, I believe you're going to want to use it.”

P2 will replace the Corps' Project Management Information System, General Investigations database, Project and Resource Information System for Management and Automated Budget System.

It will interface with Corps of Engineers Financial Management System, Automated Civil Engineer System-Project Management, Construction Appropriations Programming Control and Execution System, Formerly Used Defense Sites Management Information System, Universal Password and Resident Management System.

The new system consists of Primavera and Oracle software along with OP3, a program that allows Primavera and Oracle to be used together. It also includes a portal that will allow Corpswide access of the system.

So what will it do for the district?

Chief of Programs Management Branch Jorge Gutierrez said the programs in the P2 suite will function together to meet the military, civil works, environmental, research and development, and international Corps missions.

Lee Bass, assistant chief of Programs and Project Management Division, said the ultimate goal is to manage all project and program work through P2.

“I can't think of anything we do that will not be involved with P2,” Bass said. “Everyone will need some knowledge of it. It will touch everything in the Corps.”

Each employee will be entered into the system, allowing the status of work by anyone on a project delivery team to be accessed by everyone in the Corps, Gutierrez said. Even our customers will have system access to check the status of projects through a public portal.

All the information will be found on one system, he added. “This way, we will have one

(See “P2 system” page 5.)

Inside this issue

Page 3
Ed Watford attends training at Harvard

Page 5
Corps partners with UAPB

Page 6
Employees begin 8-week fitness program

Page 11
New tool to measure building ‘greenness’

Read the LRDispatch Online by visiting www.swl.usace.army.mil/thewire at home or work.

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Creating fish habitats



Corps of Engineers

Employees of the Arkansas Game and Fish Commission and volunteers recycle Christmas trees into Lake Norfork to create fish habitat. This is one of two custom-made barges donated by Bass Pro Shops to create fish habitats on Corps lakes in North Arkansas and Southern Missouri, to include Beaver, Norfork, Bull Shoals and Table Rock.

White says civil works should remain in Corps

Secretary of the Army Thomas White shared with a recent gathering of district engineers his opinion that the Corps should retain its civil works mission. His comments, as well as comments from others about possible Corps reform scenarios, came during the Jan. 22-24 District Commanders Conference held by Lt. Gen. Robert Flowers, chief of engineers.

Secretary White spoke of winning the war, transforming the Army and getting the resources. He reminded us that we are at war, and that is the number one priority. Transforming the Army is key to keeping us relevant, and getting the resources is his job to ensure we accomplish the other two objectives.

One of the questions asked of him was about civil works being a part of Army, and his response was that it is his personal opinion that civil works should remain in the Army Corps of Engineers.

Update from headquarters

USACE Chief of Staff Col. Joe Schroedel gave us an overview of what headquarters has been doing lately. He let us know they have not been sitting still, but were working many of the issues that are dear to us.

In response to the "3rd Wave" that Secretary White introduced last fall that looked at the possibility of either contracting out more of the Corps or turning our functions over to another agency, they have presented an alternate plan. The initial feedback is positive. They have worked hard to educate others of our relevance. Vice Chief of Staff Gen. John Keene, has been to our director of public works conference and visited our operations center. He has a new appreciation of the importance of the Corps after those visits.

Congress is likely to pass a Water Resources Development Act this year (WRDA 03). While this bill will give new authorizations, it will likely also include Corps reform. However, the Corps reform may be significantly different than what many might expect. The reform is not being done in a vacuum; rather USACE is having an opportunity to shape the legislation so we can change those things that truly need changing.

One of the changes HQ is doing internally is the way we spend money on automation. They are now including one person from each district to review the systems that have been proposed. We will rate the usefulness of the proposal and the cost with the intent that we will eliminate some of the proposals so that the ones we keep can be done well.

Improving Corps relationships

Lt. Gen. Flowers spoke to us.

From where I sit

by Col. Benjamin Butler
District Engineer



He related to us his pride in the more than 200 employees that were deployed overseas during the Holidays, and how their volunteering for these missions is one thing that distinguishes us from other federal agencies. We currently have employees in more than 90 countries around the world doing work for our Army and our nation.

Lt. Gen. Flowers talked about improving relationships. He is working hard at his level and he appreciates each of us working hard at our level. He mentioned the fact that Federal money spent on flood control returns eight dollars for each one spent in reduced flood damage and fourteen to one in money spent on navigation. He reiterated his commitment to getting funds to fix things before they fail as once they fail, the fix is much more expensive.

PMBP continues to be his top priority. He wants to finish the implementation on this by Oct. 1. He understands the burden it takes to implement something like this and does not want to drag it along. Rather the training needs to be brought to a close, and we need to adopt this as the way of doing business.

Lt. Gen. Flowers ended with saying that his goal was for USACE to be the agency of choice. We have become the agency of choice for many, and he is dedicated to ensuring we will be for years into the future.

Corps' role in homeland security

Maj. Gen. Robert Griffin, deputy for civil works, spoke to us on congressional relations and homeland security. "Do your job and do it well" was his guidance on ensuring our jobs are not outsourced. If the customers and constituents are happy, there will be little reason to change the status quo. He also stressed the importance of being responsive to Congress and to the public.

USACE will be a major player in the homeland security mission. The Federal Emergency Management Agency is incorpo-

(See "Colonel" page 3.)

LRDispatch

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Exercise is key to improving overall health

For years, studies comparing exercise to physical and mental health have consistently found that regular exercise increases a person's overall well being. Why then do so few engage in physical activity? Perhaps the answer is how people perceive exercise. In order for exercise to be beneficial it doesn't have to involve a long, painful workout. A good workout can be a brisk 30-minute walk with the dog or a slower one-hour walk.

According to the American Heart Association, it is best to walk vigorously for 30 to 60 minutes three or four times a week. But even low to moderate intensity walking can have both short and long term benefits. The health benefits may range from reducing to preventing a mirage of medical problems.

Walking is an exercise that something most of us are capable. All you need is quality walking shoes. There is no expensive equipment to buy. Walking is an excellent way to lose excess pounds and improve your general health. In December 2001, the US Surgeon General called the increased rate of obesity in the US an epidemic. The report stated that two thirds of American adults and 13 percent of children were overweight with the number rising. According to "Walking for Health," you won't find a better way to lose weight than walking. The results will be more permanent and pleasurable than dieting or another weight loss scheme. When walking a comfortable 2 mph a person weighing 150 pounds will burn 240 calories in one hour.

Walking can also help decrease cholesterol levels, a common cause of heart dis-



ease. More specifically, it increases high-density lipoprotein (HDL), which helps move bad cholesterol from the artery walls. A study comparing the cholesterol levels of mail carriers, who walked several miles daily to people who did not exercise, proved that walking leads to an increase in the "good" HDL. The study's results support walking as a method of stabilizing cholesterol levels.

According to the American Heart Association over 2500 Americans die each day from cardiovascular disease. While more than inactivity causes heart disease, the odds of avoiding this leading cause of death in America can be greatly reduced by maintaining a regular exercise routine. The results of 43 separate studies by the Centers for Disease Control showed that by exercising, individuals significantly reduce their chances for heart problems, while those who do not exercise are twice as likely to have coronary heart disease.

Hypertension, commonly known as high blood pressure, plagues millions of us. With medication and walking approximately 30 minutes four times a week often times high blood pressure can be lowered significantly.

Exercise may also help to control the

onset of Diabetes. Diabetes changes the way your body breaks down the usage of starch and sugar. Normally insulin, a hormone produced by the pancreas, helps store glucose in a form that later can be released for energy. In a Diabetic, the pancreas either does not produce enough insulin or produces no insulin.

Uncontrolled diabetes may cause many different health problems. According to the American Diabetes Association, Diabetes is a leading cause of death by disease. In the US there are 15.7 million people diagnosed with Diabetes. Regular exercise may help protect the body from the effects of the disease.

No matter the exercise program chosen, low, moderate or high, exercise is the best overall remedy we have to improve and maintain our general health. In addition, exercise may improve our mental health, slow the aging process, prevent or minimize osteoporosis, relieve back pain and reduce painful arthritis.

An extraordinary reason for exercising does not involve one specific disease or one single facet of life. Each time you walk, as long as you recognize your limitation, you will come home feeling better than when you left. Your body will feel better, your mind will be clearer, and your stress levels will decrease. The result? You will want to walk again! As you notice improvements in your body and state of mind, you may even be inspired to eat a healthier diet. With each walk you take you will feel better which in turn will encourage you to continue your new healthy habits. Don't believe it? Take a walk and see for yourself!

Corps' new tool measures project 'greenness'

This year the Little Rock District will be implementing a new tool to help make buildings more environmentally sustainable.

The Sustainable Project Rating Tool is a way to measure the "greenness" of a building. Greenness design and construction practices significantly reduce or eliminate negative impacts of buildings on the environment in five categories: sustainable site planning, safeguarding water and efficiency, renewable energy and efficiency, conservation of materials and resources, and indoor environmental quality.

Laura Cameron, civil engineer in Design Branch, said before SPiRiT was established in 2001 environmental sustainability of a building could not be determined.

"Becoming familiar with SPiRiT before designing a building

will get them (architects and engineers) to thinking a certain way," Cameron said.

AL Rein, architect in Design Branch, hasn't used SPiRiT yet, but is anxious to learn the process.

"It's another factor we have to consider when designing a building. In any design there are a lot of competing factors, but SPiRiT will force us to look at the them." Rein said.

Cameron said it's important for planning and design branch to become knowledgeable about SPiRiT because next year it will also be applied to all civil works projects. She will be giving a presentation on SPiRiT on Feb. 20, 11:00 a.m.-12:30 p.m.

For more information, contact Cameron at 324-6166 or go to the district file P:/swlprotected/SPiRiT.

Rules Wizard helps manage e-mail messages

(Editor's Note: Information in this article was compiled from Microsoft Help and a TechRepublic article by Beth Blakely.)

Using Microsoft Outlook rules is a great way to manage your e-mail. Outlook can automate processes what you routinely do using a rule created with Rules Wizard. When you create the rule, Outlook applies it when messages arrive in your inbox or when you send a message. You can also have Outlook apply rules to messages already in your inbox or other folders.

When creating rules, you can assign categories to messages based on the contents of the messages or set up a notification, such as a message or a sound, when important messages arrive.

Messages can be moved to a designated folder based on who sent them. They can be flagged upon arrival from a particular source. Categories may be assigned to your sent messages based on the contents of the messages.

Delivery of messages can be delayed by a specified amount of time or redirected to a person or distribution list.

Rules Wizard can ask the server to automatically reply to a certain type of



by Randy Prentice
Customer Assistance &
Applications Section

message by using a message you created.

When creating rules, specify whether the rule is applied when the message arrives in the inbox or when you send a message. These options can be set for each rule.

After you create multiple rules, you can move the rules up or down in the list to change the order in which they are applied. Rules are applied in the order they appear in the list. Rules that are marked "client only" are applied after all other rules.

You can also specify whether the rule runs automatically or manually. Running rules manually is useful when you want to apply rules to messages already delivered to your inbox or to another folder.

Creating rules can be easy. Simply click *inbox* and on the *tools* menu, click *Rules Wizard*. Now select *new* and follow the instructions in the Rules Wizard.

If you want to run a newly created rule on messages already in the inbox, select the *run this rule now on messages already in inbox* check box in the last page of the Rules Wizard.

To modify an existing rule, click *inbox* and when you reach the *tools* menu, click *Rules Wizard*. Select and hit *modify* in the *apply rules in the following order* box. Now, follow the instructions.

If you need to delete a rule, go once again to the *Rules Wizard*. Find the rule you do not want and press delete in the *apply rules in the following order* box.

Rules Wizard can also be a tool used to filter out junk mail. If all the unwanted mail comes from the same e-mail address, it can be filtered out. Simply create a *junk mail* folder and then create a rule to store incoming messages in that folder.

The problem with this option occurs when you are receiving junk mail from an address that has the capability to change the first part of its e-mail address. It is almost impossible to stop getting these messages or even filter them with rules.

PPEP offers trying, rewarding experiences

On Aug. 20, the new PPEP class began our new adventure by learning what we will be doing for the next year.

We all realized that it would take a lot of work. However, when the plans were laid before us, we were all pretty much shocked at what PPEP had in store.

A lot of work and time spent doing the projects, self-study, meetings and obtaining speakers, all among other assorted activities would be part of this adventure. And not all of it happens during working hours.

So what has PPEP given us to date? We are learning to trust each other and depend on each other. This can be difficult when someone lets you down, but we do believe it will bring us closer together.

We all are in this and hopefully, we are learning from our mistakes. None of us are perfect and are bound to mess up. To get the most from these mistakes, we must discuss what we can do better next time rather than dwelling on who made the error.

We have planned and are conducting our monthly meetings and social events. Even when planning social events, there are many details that require attention. This is not like throwing a party for just your friends and relatives. You can't tell everybody to come over. Now, we have to consider each detail and make

sure it is accomplished.

Have you ever done an after-action report on a party? We have.

But are we still having fun? Yes, we definitely think we are, after-action reports and all.

One question remains: what does PPEP do for the district? The answer may lie in the old Three Musketeer saying, "All for one and one for all." That is one thing we hope to get out of this year.

While there are only 11 of us in the program, we hope to engage a larger part of the district in our activities.

Although we can't invite the entire district to each meeting or event, we can share some of the experiences and wisdom passed to us by the speakers at our meetings to the rest of the district.

If you want to know what PPEP is doing for you, ask one of us. We can give you the "dirty details" or we can "sugar coat" it for you.

PPEP is a lot of work for each of us, but it will help the district succeed in the long run.



Harvard's JFK School is 'whirlwind of activity'

by Ed Watford

Special to LRDispatch staff

I must admit that applying to the John F. Kennedy School of Government at Harvard was not my idea. However, this country boy from Florida had a great time, and I would like to share some of the experiences with you.

Before I even arrived, I had to complete some required preparatory work like completing a 360-degree evaluation process; a few read-ahead assignments and a writing assignment.

Once at the school, we registered and were taken to our dorms, which was a nice, three-bedroom apartment that I shared with two of my classmates. After storing our belongings, we headed across campus to our first class.

From that first Sunday, it became a whirlwind of activity, learning, networking and friendship. To prepare for each day, we were assigned case studies to read averaging 150 to 200 pages a day.

These cases were on subjects as diverse as naval gunfire, the strike against Hormel, data and causation, working with Congress, Paul O'Neil at Alcoa, the New York Police Department and many others.

Our study groups met each morning to discuss the cases and prepare for class. Each class was the subject of one or more classes conducted in the Socratic teaching method, made famous by the movie *Paper Chase*, where the professor doesn't teach the class, but lets the class teach itself by asking questions.

It was this interaction between the class and the professors that was of the most value in my opinion. I was thrilled to be in the program with 70 other dedicated professionals who each contributed in their own unique way. These folks represented the cream of the crop and were rich in diversity.

Many were already in senior executive service developmental programs or were looking forward to joining that elite group in the near future.



photo courtesy of Ed Watford

(Left to Right) Richard Lagdon, Department of Energy, Dan Fenn, Harvard, Sam Debow, National Oceanic and Atmospheric Administration, Ed Watford, Corps of Engineers, and Mike Gutermuth, U.S. Navy.

Others were simply promising employees receiving some of the best leadership training there is. In any event, it was this networking that built relationships that enabled each of us to excel in the program and hopefully in the future.

(See "Harvard" page 8.)

Colonel

(Continued from Page 2.)

rated into this mission, and as you know, we are one of the main contributors to FEMA. If there is a conflict between our standing mission and war, war will be the priority. We will remain dedicated to our everyday tasks, but supporting our military mission in time of war is not business as usual. We will surge to meet the mission.

We also worked on other issues such as where we see USACE in 2025, what we can do today to prepare for this, and how we will manage a workforce that has such a high percentage of retirement eligible personnel. We discussed what makes a "learning organization" and how we should relate to "communities of practice." It was a great conference. Working together we will improve our organization and secure our future.

District achievements

Here in Arkansas we have implemented an exercise program for our employees. Each employee is allowed up to three hours a week for not more than eight weeks to implement an exercise program. I realize that this program is not ideal, and that some may have a hard time taking advantage of this program.

The intent is have personnel get used to doing more exercise,

if nothing more than taking a very long walk. Getting the heart rate faster than 100 beats per minute for more than 30 minutes three or more times a week can add years to your life. You will feel better and be healthier with just this small change if you normally spend most of your day behind your desk. The early feedback is that more than 80 personnel are taking advantage of this program; I hope even more do so.

We have a new chief of contracting. Sandra Easter has arrived from Rock Island and is getting settled. Please welcome her to our district.

Little Rock District has done it again. This time we earned Honorable Mention for the USACE Environmental Sustainability Award, and Ms. Shirley Bruce was named to the USACE Commander's Small Business Team of Excellence for 2002. Congratulations to all who have worked hard to better our environment and to all those who have made our Small Business program such a success.

As always, thanks for the great job you are doing. While in Washington I had more people tell me of the great things you are accomplishing and the reputation you are upholding for being a great district.

Family News

Births

Thane Harper Johnson was born Dec. 23 to Todd and Hope Johnson. He is the first grandchild of **Rita Atkinson**, real estate specialist in Management Branch.

Mia Nicole Rideout was born Nov. 20 to Gary and **LaTasha Rideout**. Rideout is a realty specialist in Real Estate Division.

Lucy Rebecca Faletti Cantor was born Jan. 9 to Christina and Joshua Cantor. She is the granddaughter of Public Affairs Chief **Bob Faletti**.

Deaths

Paul Alvin Orton, son of retiree **Paul Orton**, died Dec. 29.

Congratulations

Jorge Gutierrez was selected as chief of programs in Programs and Project Management Division.

Tricia Tannehill, a student ranger at Table Rock Project Office graduated from Southwest Missouri State University, in Springfield on Dec. 13 with a Masters of Science in Resource Planning.

Stephanie Barlow, a student ranger at Table Rock Project Office graduated from Southwest Missouri State University in Springfield Dec. 13 with a Bachelors of Science in Wildlife Conservation and Management.

Speaker's Bureau

Sandy Higgins spoke to 22 employees at Buckshots Duck Lodge about the Corps' teamwork, customer service and professional courtesy Nov. 6. Higgins is a civil engineering technician at Montgomery Point Lock and Dam.

Jennifer Hoban spoke to 25 attendants during the division meeting for the U.S. Coast Guard Auxiliary, Jan. 11 at the Van Buren Municipal Building. Hoban discussed possible future partnerships in boat patrols, courtesy dock inspections and boating education classes. She is a park ranger at Ozark Field Office.

Ozark Field Office Park Manager **Greig Moe** and Park Ranger **Jennifer Hoban** spoke to more than 40 business professionals during the Jan. 16 meeting of the Clarksville Rotary Club. They discussed the mobility-impaired hunt the Corps and other partnering agencies host that began three years ago in Clarksville at the Dardanelle Wildlife Management Area.

Cheryl Jasper presented a regulatory program Dec. 17 at the City of Little Rock Erosion Control Workshop. The workshop participants included 25 consultants, engineers and state agency representatives. Jasper is a project manager in Regulatory Branch.

New Faces

Sandra Easter was selected as the chief of Contracting Division. She is from the Rock Island District.

Lisa King returned to the district as the

new secretary to the Deputy District Engineer and DDE(PM). She worked for the district a few years ago in Programs and Project Management Division.

Kinney Bryant is the new chief of Security. He joins the district from the National Guard.

Randolph Palmer III (Webb) is a new park ranger at Pine Bluff Project Office. Webb, a student at the University of Arkansas at Monticello, is part of the Student Career Experience Program. He will move to the Arkansas Post Field Office on Mar. 1 for a permanent position.

Ronda Duncan is the new transportation assistant in Logistics Management Office.

Kareemah Rainey is the new traffic management specialist in Logistics Management Office.

Missions in Guam



photo courtesy of Emergency Management Office

Max Frauenthal, FUDS program manager in Planning, Environmental and Regulatory, relieves water pressure from an overfilled water tank in Guam. He is one of six district employees who deployed to Guam for missions in December.

Aids for verbal combat among TRC additions

New Aids to for Verbal Combat

The TRC has added three new titles for employees facing verbal conflict. Although useful in the workplace, the volumes offer valuable advice for our time away from work. "Verbal Judo; the Gentle Art of Persuasion" (BF 637 .P4 T565 1993) shows how to control the outcome of every dispute, whether in the home, the classroom or the boardroom. The work discusses communication issues and explains how to "diagnose a verbal encounter."

Another work by the popular author of the verbal self defense books, Suzette Haden-Elgin, "How to Disagree Without Being Disagreeable" (BF637 .V47 E4314) stresses how to respond clearly to hostile comments from others or deliver criticism without sacrificing dignity. One section discusses using language that reduces tension and creates rapport in most situations.

"Tongue Fu; How to Deflect, Disarm and Defuse Any Verbal Conflict" (BF 637 .V47 H67 1997) presents practical techniques for communication. This work contains useful tools for "keeping both feet on the ground instead of in the mouth." Reviews emphasize the importance of using these techniques by anyone who deals with the public.

Secrets of Happiness and Success

Two new additions apply a scientific twist to the efforts of being happy or successful. "The 100 Simple Secrets of



Happy People; What Scientists Have Learned and How You Can Use It" (BJ 1481 .N58 2000) and "The 100 Simple Secrets of Successful People; What Scientists Have Learned and How You Can Use It" (BF 637 .S8 N58 2002) present the guidelines in the same format. Following the tip, each section includes a scenario followed by the scientific research that validates it. The scientific information is cited and the endnotes fully document the cites.

Improve Your Writing

"How to Take the For Out of Business Writing" (HF5718 .G86 1994) offers guidelines to improve business-writing skills. While detailing the principles of clear writing, the work emphasizes 24 simple ways to improve. The "Fog Index Scale," which measures writing complexity and provides the answers to the 18 most frequently asked questions, will lead the way to clearer prose.

New Engineering Additions

"The Seismic Design Handbook" (TA658.4 .S395 2001) stands as the complete guide to the design of earthquake resistant structures. As a practice oriented volume, the book is a "complete guide to the design of earthquake resistant structures" for engineers, architects and other professionals.

"Handbook of Steel Drainage and Highway Construction Products" (TE231 .J234 1994) provides updated information on applications, product details, design and installation of steel drainage and highway construction products.

Published by the Industrial Fasteners Institute, "North American Manufacturer Identification Markings for Fasteners" (TJ1320 .I 42 1988) shows the manufacturers of a myriad of bolts, screws, nuts and other fasteners.

"Dam Safety: An Owner's Manual" (TC540 .D154 1987) addresses steps that dam owners can take to reduce the consequences of dam failure. Funded by FEMA, the illustrated volume stresses the active pursuit of dam safety programs.

Hot Web Site of the Month

<http://www.dina.org/resources/cities.html>

Links to all Arkansas city electronic web pages.

Tell us what you think

Editor's note: The LRDispatch staff welcomes your opinions. Letters must be signed. If you choose to have your name withheld from publication, we will honor your request.

Comments and Family News submissions must be received by February 15 for publication in the next issue. Send your comments to valerie.d.buckingham@usace.army.mil or mail them to Public Affairs Office at P.O. Box 867, Little Rock, AR 72203-0867. We reserve the right to refuse publication of any letter that is deemed libelous.

Remember to keep the criticism constructive and the questions coming.

February is African American History Month



Dr. Silas Johnson

February 12:

Dr. Silas Johnson, senior pastor of Full Counsel Christian Fellowship North and Full Counsel Christian Fellowship South, will make a presentation on "The Souls of Black Folks Centennial Reflections" at 1:30 p.m. in Room 7208 (DE Conference Room).

Throughout the month of February, a display of the Little Rock District's African American engineers and architects will be in the 6th floor lobby.

Presented by Engineering and Construction

PPEP adds value to having, being a mentor

As members of the PPEP 2003 team, we are required to select a mentor for the upcoming year.

When selecting a mentor, we were advised to look for someone to help with our training schedules, developmental assignments, suggest interesting reading material and encourage us along the way, both personally and professionally.

Many people came to mind who met our criteria. We looked for people who excelled in their fields, challenged themselves and others and were willing to spend the extra effort to help us through this year.

Though we might not have known these people personally, we admired their individual work ethics and achievements.

We all came up with excellent choices who have already helped us over many obstacles and encouraged us when we were struggling and applauded our successes.

Mentor, as defined by *Webster's*

Dictionary, is a "wise and trusted counselor or teacher."

But we have found them to be much more. Our mentors listen to our ideas and advise us. Sometimes they give a shoulder to cry on, teach us and are our confidants, cheerleaders and friends.

I encourage you to seek a mentor. It can be a formal or informal relationship. Look for someone who strives for excellence for themselves and encourages excellence in others.

Seek someone who sees your strengths and weaknesses and helps you work on them both. They can help guide you along your career path by suggesting training or education that will better your chances for advancement.

Sometimes they are a good sounding board to help you talk through your problems. They have probably gone through some of the same challenges as you.

I also challenge you to be a mentor. You don't have to be a supervisor or hold



a certain grade and it doesn't have to be a life-long commitment.

If you're willing to step out and help someone and share the insights you have gained throughout your career, get involved and help other employees to do there best.

When our class graduates this year, our formal relationships with our mentors may end. But our wise and trusted mentors have become that teacher in high school who saw in you what you did not.

They have believed in our abilities and pushed us to achieve. Seek a mentor, be a mentor. It's a winning relationship for you and the Corps.

Harvard

(Continued from Page 3.)

Another great aspect of the program was the guest speakers. Where else can you hear from former Congressmen like Mickey Edwards or Dan Glickman, speakers like David Gergen, a world leader like Mikhail Gorbachev or Ted Sorenson, the former speechwriter for JFK?

These presentations provided us an opportunity to meet and learn from leaders who have helped shape our world. The night before our meeting with Sorenson, we watched *Thirteen Days*, a movie about the Cuban Missile Crisis.

After watching the movie and seeing the performance of the actors, we had the opportunity to listen and question one of the people portrayed in the movie, someone who had seen and made history. What an opportunity!

For those who have seen or will see the movie, Sorenson told us it was "on the money."

During our month in the program, we had the opportunity to take a few field trips. In school, I remember learning about the "shot heard 'round the world" that started the American Revolution.

I never really understood it until a brisk fall Saturday afternoon when we toured Lexington, Concord and the "Battle Road" with one of our professors, Dan Fenn, who has spent his whole



photo courtesy of Ed Watford

Ed Watford enjoys dinner with his classmates at Harvard.

life as a student of this history.

His stories, descriptions and knowledge gave me a real appreciation for what those citizen-soldiers did that day.

Mr. Fenn also escorted us to the Kennedy Library. This same gentleman assembled the original White House personnel office for President Kennedy when the staff numbered 25.

Like all our professors, Dan Fenn was a fountain of knowledge that enabled us to learn. He is also an institution of this school and our nation that was truly and honor to behold.

However, all good things must come to an end and so did our Senior Executive Fellows

Program. Each of us left with experiences, knowledge and friends that we made during the program.

While we may have left Harvard, I know at least for myself that the experiences there have made me a better leader and civil servant. It created a network of government executives that I will use for years to come. Best of all, despite the rigors of the reading, study groups and classes, it was fun!

For more information on JFK School of Government contact Harvard University Program Office at 617-495-0773

SWL is partnering with local historically black college

by Jamie Oliver
LRDispatch staff



The University of Arkansas at Pine Bluff and the Army Corps of Engineers are collaborating to breathe life into a program that could prove beneficial to Little Rock District.

Shirley Bruce, chief of architecture-engineering management section and deputy for small business, said one of goals is to implement each district's small business program.

SWL is striving to obtain some of its small business program goals through partnerships with historically black colleges and universities in Central Arkansas.

"The intention of the small business program is for the government to give a little piece back to all the groups that make up the public sector, including women, minorities and the disabled, as well as to make the relationships with these institutions more effective," Bruce said.

"Basically, this is one of the government's ways of doing checks and balances," she said. "We want to ensure all interested parties have a fair and equal opportunity. Therefore, a portion of our

contracting effort goes toward these institutions."

UAPB's Director of Technical Services Maurice Ficklin said Bruce made the initial contact with UAPB Chancellor Lawrence A. Davis Jr., who ran with it from there.

"We submitted a proposal to provide printing services for the Corps," Ficklin said.

Selecting schools for the partnership, specifically UAPB, presented a unique challenge for Bruce.

"UAPB does not have an engineering program, and when you think of the Corps, you think of engineering," Bruce said. "We had to innovatively match

(See "HBCU's" page 12.)

P2 system

(Continued from Page 1.)

answer that is easy to find using one database as opposed to having to get data from multiple databases as we do now," Gutierrez said.

P2 is the program that will enable the Corps to implement the Project Management Business Process it has been working toward, Bass said. Through training so far, the business process has been introduced but never shown. This will be where P2 comes into play.

Gutierrez said P2 is still in the testing phases, which began at USACE headquarters in October. In February, the system will be introduced to Southwestern Division headquarters, Ft. Worth and Galveston districts and one district in the Pacific Ocean Division.

"If everything stays on track, SWL and Tulsa District can expect to see the software sometime in April or May to complete Southwestern Division," Gutierrez said. "After SWD is deployed a formal plan for the entire Corps will be presented. It is expected that full implementation will be complete by March 2004."

Bass said now is the time to start preparing.

"We're all leery of learning new software," Bass said. "CEFMS had growing pains and P2 will too. But we need to recognize that change is inevitable. We need to have an open mind and learn what we need to do in order to make this work."

National Engineer Week Feb. 16 - 22

Tuesday, Feb. 18:

Opening ceremony and awards presentation, 11:00 a.m. in the DE Conference Room.

*CPC Training: Design and Use of Cell Beams. Box lunch will be provided, bring own drink and contact Mary at extension 5567 to reserve your spot before noon, Feb. 12, noon - 1:30 p.m.

*Wednesday, Feb. 19:

CPC Training: Humidification Applications, 10 - 11:15 a.m.

Lunch program with SAME, ASCE and Little Rock Engineering Club, North Little Rock Wyndham Hotel, 11:30 a.m - 12:30 p.m.

*CPC Training: Standing Seam Steel Roofs, 1:30 - 3 p.m.

*Thursday, Feb. 20:

CPC Training: Spirit: Army Sustainable Design, 11 a.m - 12:30 p.m.

*CPC Training: Heifer Project Building; Green Design, 1- 2 p.m.

Friday, Feb. 21:

Presentation to high school students on the engineering profession, McClellan Engineering Magnet School, 10 - 11:30 a.m.

ASPE luncheon (\$15.00) at Holiday Inn Select, 11:30 a.m. - 12:30 p.m. Call 501-223-3000 for reservations.

Questions? Call Wayne Lewis at extension 5568.

*Presentation in DE Conference Room.

Employees begin an 8-week fitness program

(Editor's Note: The Little Rock District has implemented an exercise program for all employees. Each employee is allowed up to three hours a week for no more than eight weeks to implement an exercise program into their schedules. So far over 80 employees are taking advantage of this program. These three wish to share their experiences with the rest of you. The LRDispatch will continue to follow their progress. Journal entries were compiled by LRDispatch staff writer Jamie Oliver.)

Jennifer Hoban



January 16
I am going to be participating in the office exercise program. I will probably start next week, weather permitting. I believe that this program has good intentions but I don't know if I will be able to meet my goals. I have tried to set realistic and achievable goals. I hope to improve my health by getting in better shape. I want to be able to run up a flight of stairs without running out of breath, lose five pounds within a couple of months, and hopefully go down a size. I hope that these goals can be reached, but I already see future problems. I cannot just say that I will walk at lunch because my schedule is

never set. I also do not have the facilities available to me to exercise during bad weather. I have a park to walk in or a road to walk down, but I will make that work. I think that I will walk with my fellow employees and we can shed those pounds together. We will try and walk Monday, Wednesday, and Friday around 3:00. If we walk later in the day we do not have to worry about being all smelly and unprofessional around the public. After all, we are representing the USACE.

Mike Biggs

Mike Biggs Fitness Program Journal, a story of a fat bald man who wakes up hungry, and his battle to eat right.

January 14
Weigh-in. Well it is time to get serious about some personal matters. I really want to drop 28 lbs and lower my cholesterol. This time last year I weighed 285-lbs, today I weigh 248-lbs. Last year I was in a 44 waste Levi jean, today 40's. If I'm in

38's by the end of this year I will have met my weight loss goal. I set my goals based on what I weighed when I graduated high school, I weighed 220-lbs and wore 38 jeans.

January 16
I swam one mile today. The lifeguard here at War Memorial Fitness looks a little nervous, she probably is afraid she might have to pull me out. It took me 35 minutes to finish my swim. I hope to get my mile swim down to 30 minutes.

January 20
Martin Luther King Day (MLKD). I had the day off today so I spent my morning hours cleaning my house and cooking Lasagna (all low fat ingredients) for my Bible Study group. After a healthy, low fat lunch, I took my old pooch and went out to Pinnacle Mountain. My MLKD tradition is a hike from the Pinnacle Mountain Visitor Center, up the East Summit trail, down the West Summit trail, back around the Base Trail, and back track to the Visitor Center. This took 2 hours, beautiful day, excellent work out!

January 22
Weighed in today at 245-lbs. I'm on the right track, next week 243-lbs.

Allison Smedley



Plan:
Walking at Bona Dea Trails and Caudle Overlook Trail.

Goal:
To increase my endurance and sustain my energy level throughout my last trimester of pregnancy.

January 21
Today I start my walking program. I am six and a half months pregnant with our second child and have not been nearly as "health conscious" as I was with Logan. Up to this point, my exercise routine has been chasing my two and a half year old around the

(See "Journal" page 7.)



Karyn Higgins shares Army lessons learned

(Editor's Note: Karyn Higgins, a structural engineer in Design Branch, sent a message to all the district employees. Higgins deployed to Korea in December for three months.)

Hey guys! Well, I never thought I would have learned so much while away at Army Camp, but I have.

Lesson number one: A family that plays together stays together.

The first week here I noticed that when I woke up and tried to turn off my alarm, it would just keep playing. Then I finally figured it out. I couldn't turn off my alarm because I am at Army Camp, and here they play the wake up song at 0600 every morning. Then for some reason most of the people at AC decide to get up and run from their dorms to the gym in the cold, cold weather. I wondered why they just didn't drive but I found out this was some sort of strange ritual that helps build teamwork, esprit de corps, and synergy between the campers. When they start their morning jog they sing songs to each other to help keep them in step. The final destination for most of these campers is the gym where they do more activities together. I truly enjoy watching this and have decided to join in on part of the ritual, I hit the gym in the morning and run with them—but only from the inside where it is warm.

Lesson number two: A song can brighten even the darkest day.

One day I ended up leaving work late and decided to hit the gym that night. But when I stepped out of my apartment, it looked like I had just walked into the twilight zone because everyone was standing still and saluting at nothing. But not one to break tradition, and to afraid to walk any further for being sucked into this zone, I stood silently until I finally realized what everyone had stopped for. Another song! All I could think was, this must be the good evening song. Sure it makes since they have a good morning song so why wouldn't they have a good

evening song. The Captain whom I work with later informed me the names of the songs are Reveille and Retreat.

Lesson number three: Take pride in yourself and in your country.

Last week I decided to watch a movie. I walked in, showed my ID and tried to give the clerk money, but he refused to take it. One of the campers told me that 8th Army was paying for all the movies for MWR, which I later learned meant Moral, Welfare and Recreation. Well, I can tell you that was fine with me. I had no problems watching a free movie, so I went and found a seat and waited for all the previews. Then it happened, they flashed the lights and everyone in the place stood to attention. This was a very impressive sight to see if you have never witnessed it because all the campers got up in unison and stood erect with hands cuffed or fist at their sides. So not being one to break tradition, I too stood and tried not to fidget. Then the national anthem came on the screen, and after it was over, the movie started. There were no previews! I know this would make most people happy, but I am one of the few, the strange, that like the previews. But the movie was good and so were the facilities so it was overall a fun experience.

Lesson number four: Variety is a want, not a necessity.

We only have one grocery store that we at AC call the commissary. It only has four aisles in it, but you can find anything you want—if you get there on Tuesday morning! Mondays they are stocking so the store is not open, and Tuesday is a mad house so be prepared to fight for your biscuits. So far this has been a great experience. I am learning more about the Army, my Country and the World. I can't wait to see what the next 2 months bring. See you soon!!

Karyn
Pyongtaek Resident Office
Project Engineer

Journal

(Continued from Page 6.)
the house and yard. As this new child has grown, I've felt increasingly sluggish. I am hopeful that this formal plan will help with my energy level.

January 22
I have just completed my second day of walking. Both days I have walked for 30 minutes. The weather outside has been very chilly, but I have really enjoyed the brisk air. During this time, I have realized that this time spent walking is also helping to clear my thoughts. As I walk the trail, I'm breathing in the fresh, Pine Tree scent and listening to the birds sing. I feel the wind on my face and see the sunlight filtering through the trees. It makes me realize that life is not just about work. It's about living. Just taking a few minutes out of a busy workday and focusing on this is SO worth it. I am very thankful for this time.

Get Fit, Get Healthy



Exercise!!

OOPS

Missed an issue of the LRDispatch? You can view past editions on our website
http://www.swl.usace.army.mil/the_wire.