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LRDispatch

Beaver Lake ranger saves man from suicide at recreation area

by Valerie Buckingham
LRDispatch staff

Aug. 15 started as a typical day for Paul Kwarcinski, a summer park ranger at Beaver Lake. Little did he know, when he reported to work for his 3:30 p.m. to midnight shift that he would save someone's life before the sun went down.



Kwarcinski About 6 p.m. Kwarcinski finished some office work and headed out in the summer heat to Prairie Creek Recreation Area because that was usually one of the busier parks. That particular day there was no one around in the day use area. He proceeded to make his rounds by the beaches and noticed a crooked sign. Rather than fill out a report, he decided to see if he could fix it himself. While straightening it, he noticed a truck backed to the edge of the woods.

"This wasn't unusual because people normally park there and walk across the road to the trail and go fishing," Kwarcinski said.

After fixing the sign, he started to drive away, but he noticed someone sitting in the passenger seat of a truck.

"This was the middle of August. As I passed by, I noticed the drivers side window was up and there was no way he could be getting a cross breeze," he said.

"I knew something was going on, but I didn't know exactly what it was. I knew I needed to stop and investigate it," Kwarcinski said.

As he approached the vehicle he noticed the passenger side window was up

as well. Kwarcinski said he looked into the truck, and it was obvious the man inside was not well.

"So, I banged on the truck to try to startle him, but he didn't move."

The ranger said he opened the driver's side door, and it was very hot in the cab of the truck. The man was drenching wet from sweat. Kwarcinski noticed a note on the seat, but at that time, didn't recognize it as a suicide note. He poked the man and yelled. Still no response. Kwarcinski had a sheriff's radio in his truck, and he ran the license plate number of the truck in hopes of learning the man's name. Kwarcinski, who is also a licensed counselor, said sometimes people will respond to their name. After calling him a few times, Kwarcinski realized the man needed more help than he was able to provide and called for emergency help. A sheriff's deputy arrived and assisted him in pulling the man from the truck. After the emergency crew arrived, the ranger and the deputy noticed a hose running from the exhaust pipe into the cab of the truck.

Kwarcinski realized that if he hadn't stopped when he did, the man would be dead. He said it

(See "Ranger" on Page 11.)

Ranger conference fun



Valerie Buckingham

Titus Hardiman and Jeff McCarty, park rangers at Lake Dardanelle, enjoy a canoe ride on the tailwaters of the White River. The canoe ride was one of the field trip activities for the rangers during the SWD Park Ranger Conference Oct 21-24.

Division ranger conference deemed success

“Rangers Lead the Way.” OK, this saying was originally designed for Army Rangers, not our park rangers, but after the SWD Ranger Conference, I think it is fully applicable to them.

I had the wonderful opportunity to attend this three-day conference that SWL hosted in Fayetteville, AR. The team that put the conference together was led by Chris Smith, with support from Greg Oller and Alan Bland, plus members from our sister districts. It was one of those rare conferences that when you left you truly felt much more energized than when you arrived.

With a good mix of conference wide sessions, breakout sessions, physical training and social events, the program developed, enhanced and motivated the attendees.

We learned about the Critical Incident Stress Management Program, which had only been recently implemented, but was quickly used at the I-40 bridge incident. CISM helps people overcome the psychological impact of having to deal with things like the 14 bodies recovered from the water. It was truly a blessing to those that were there.

I had the opportunity to participate in the Personal Protection Training that we have our rangers take. Rangers are often in situations where they could become vulnerable to aggressive personalities. They are taught how to avoid physical contact if at all possible, but they are also taught how to defend themselves if attacked.

While I had hand-to-hand training many years ago (when I was less than half my present age), I learned some new techniques and gained a greater appreciation for some of the demands made upon our rangers.

We learned of the dangers of methamphetamine labs, where people, often high on drugs, use very dangerous chemicals in unsafe ways to make methamphetamines, a highly addictive drug. Many of the rangers had dealings with these labs in the past.

The dangers run the gamut from the “high” people that “cook” the meth, to explosions and fire from the chemicals, to the toxic fumes and waste generated by the process. Likewise, seemingly innocent looking cola bottles can be bombs made from dry ice or acid and metal.

One of the breakout sessions discussed how to control wild hogs (not Razorbacks), geese and pigeons that damage our areas and facilities. In almost all cases, they can be controlled if time and resources are committed to the project. Another breakout session discussed our Greers Ferry Lake and Shoreline Management Plan. We also learned how to use and understand

From where I sit

by Col. Benjamin Butler
District Engineer



the Thrift Savings Plan and how to prepare news releases.

Unfortunately I was unable to attend the canoe trip below Beaver Dam or the field trip to Pea Ridge Battlefield. But, even without the finale, it was a great conference.

As we move into the holiday season, let us remember, honor and celebrate. Veteran’s Day is a time we should remember those that have sacrificed for our great country. Spend time on Veteran’s Day to honor our ancestors and teach your children that our freedoms and affluence did not come about easily.

While you are in your warm homes, do not dwell on the your perception that someone you know has it better than you. Think instead about the soldiers in Afghanistan that are not allowed to turn on the heat yet because the cobra snakes are looking for a warm place to spend the winter.

The latrines and sleeping huts are left cold until the all snakes are hibernating. These are today’s veterans that are making sacrifices, away from home for the holidays, in conditions that we feel are below the dignity of our prisoners here in America, fighting to prevent another 9/11.

Thanksgiving is a time to appreciate what we have, and to share with others. It is a celebration of two different peoples sharing what they had. These were people that had very little, but were very thankful for they knew things could have been much worse. We should honor and emulate that concept today.

One of the things we need to be thankful for is our right to vote. Saddam recently had an election where he received 100% of the vote. Here, we truly can vote for whomever we wish, yet only a small percentage vote.

It is not unusual for someone to be elected with only 15-20% of the eligible voters voting for them. If you have complained about any politicians in the last two years, or even if you haven’t, make a difference and help ensure the best person is representing you. VOTE!

(See “Colonel” on Page 3.)

LRDispatch



U.S. Army Corps
of Engineers
Little Rock District

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Army chief announces new training doctrine

by Lt. Col. David Ecker
Army News Service

WASHINGTON -- Army Chief of Staff Gen. Eric K. Shinseki announced a new Army training manual in an Oct. 22 speech at the annual meeting of the Association of the United States Army in Washington D.C.

The new field manual, titled "FM 7-0 Training the Force," differs from the earlier field manual (FM 25-100) in that it combines training and leadership development into one program. It also establishes the linkage to joint, multinational and interagency operations, and synchronizes Army Training doctrine with the full spectrum of Army operations. These changes came about from the findings in the CSA's Army Training and Leader Development Conferences. This feedback emphasized that leadership development is most effective if it is integrated into all of a unit's training activities, and recommended that Army training doctrine be updated to adapt for full spectrum operations.

Developed after 21 months of reviews by senior Army officers and NCOs, the new manual integrates lessons learned from recent military operations and is applicable to all segments of the Army -- active, reserve, Department of the Army civilian, combat, combat support and

combat service support.

FM 7-0 retains the basic tenants of FM 25-100, which were fundamentally sound, and updated them to reflect the contemporary operating environment, Army Transformation, and technology.

He noted that this new training doctrine is "designed to leverage the war-fighting and collective training experience from across our formations

and more fully utilize the knowledge of our master trainers --- our Non-Commissioned Officers."

FM 7-0 will be followed soon by the publication of FM 7-1, "Battle Focused Training," which updates FM 25-101 of the same name. FM 7-0 is the capstone, overarching Army training doctrine, while FM 7-1 deals with the specifics of "how to" train.

Solider-chefs add a touch of spice to morning show's cooking segment

by Bruce Zielsdorf
Army News Service

NEW YORK CITY - Soldier-chefs from the U.S. Army Culinary Arts Team performed cooking demonstrations on the nationally syndicated "Today" show on the plaza of the NBC studios at Rockefeller Center in New York City Oct. 14.

Members of the culinary arts team, Warrant Officer 2 Travis Smith from Fort Lee, Va.; Sgt. 1st Class Willie Meeks from Fort Bragg, N.C.; and Spc. Scott Graves from Heidleberg, Germany, were guests on the "Today" show. The soldier-chefs exhibited their award-winning culinary skills on the cooking segment with Al Roker, the show's celebrity weatherman.

"It was an amazing experience, being on national television and meeting so many celebrities," Smith said. "It's a special feeling to represent the Army and the Culinary Arts Program."

The goal of this Army program is to

Colonel

(Continued from Page 2.)

Safety is always a concern. Many of you will be off the boats and out of the water for a while, so instead of pushing water safety, I'll stress safety on land. Be aware of hunting season.

If you carry firearms, ensure you are trained and safe with them. If you are in the woods for other reasons, be aware of hunters and wear appropriate clothing. If you are camping, be careful of fires and carbon monoxide.

continuously improve the overall quality of food service in the military.

But before cooking for TV celebrities and being selected to represent the military at international culinary competitions, the three soldier-chefs had to win Army recognition. They did so at the spring culinary arts competition.

The American Culinary Federation-sanctioned competition is the premier culinary training event in the military. Teams must enter 14 separate categories, to include live cooking, team cold buffet, and a Culinary Knowledge Bowl competition.

More than 200 soldier-chefs from 22 installations worldwide competed this spring for individual and team honors. The competition, hosted by the Army Center of Excellence, Subsistence at Fort Lee, began as a way to motivate soldiers pursuing a food service career.

Check out the recipe at <http://www.msnbc.com/news/819736.asp>

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 that request.

Comments and Family News submissions must be received by November 15 for publication in the next issue. Send your comments to valerie.d.buckingham@usace.army.mil or mail them to the 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.

Family news

Congratulations

Stacey Barnett married Shawn Spakes Sept. 21 in Eureka Springs. Barnett is a civil engineering technician in Structures and Dam Safety Section, Design Branch.

Patricia Anslow was promoted to the rank of Lieutenant Colonel, Engineers, in the Arkansas Army National Guard on Oct. 4. Her current job is S-3 (Operations Officer) with the 87th Troop Command. She is the chief of Environmental Section, Planning, Environmental and Regulatory Division.

Deaths

Leo Buddy Bell, a Millwood Lake facility maintenance inspector from 1967-87, died Aug. 31.

James A. Stewart, a 30-year summer ranger at Millwood Lake, died Sept. 15 after losing his battle with cancer.

Stewart was a retired school administrator in addition to his long-time summer career with the Corps.

New Faces

Gayle King is the new senior electrician at Norfolk Powerhouse. King transferred back to Little Rock District from Blakely Powerhouse in Vicksburg District where she was an electrician.

Stephen D. Ring is the new civil engineer/quality assurance representative at Little Rock Air Force Base Resident Office.

Kim Sanford is the new programming assistant in Planning and Environmental Division.

Student Aides and Temporaries

Tonya Harden is the new student aid in Planning and Environmental Division.

Speaker's Bureau

Park Ranger **Jeff McCarty** of the Lake Dardanelle Field Office

spoke to 40 Clarksville Wal-Mart employees on boating and water safety Oct. 16.

A little touch of paint



Courtesy of Allison Smedley

A volunteer puts the finishing touches of paint on a sign during National Public Lands Day activities.

Millwood Project Office donates computers to area school

During his visit to the district, Col. (P) Robert Crear said the Corps of Engineers is an organization that supports education. The Millwood Tri-Lakes Project Office is proof of this statement.

The office has donated extra computer equipment in the past to school districts in need. The most recent donation was to the Murfreesboro School District.

"We definitely have a need," said Mike Jackson, principal of Murfreesboro High School. "We are a rural school district, and we accept all of the help that we can get."

This is the second time the Corps has donated computers to the school.

The Murfreesboro school burned in 1997 and everything was destroyed. The Corps was able to step in, donate equipment to help the school get a new start and is continuing to help them grow.

"The employees at our office live in these towns that we donate to," Millwood operations manager Mobie Price said. "They know who is in need, and we try to help them."

The computers help the schools

function in ways that they normally could not afford to.

"One of the computers donated to our school was a laptop," Jackson said. "We have issued it to a student that is bound to a wheelchair for day-to-day assignments in the classroom. We could not afford to buy one laptop for one youngster, but this provided us the opportunity."

The office has also donated equipment to Saratoga, Foreman, and Ashdown.

Customers rank SWL with high marks in surveys

by Dorothy Seals
LRDispatch staff

The fiscal 2001 military and civil customer surveys are proof that the Little Rock District is "just doing it."

The district received top scores in the nationwide military survey as well as a 4.2 out of a possible 5.0 rating on the civil survey.

Corps military districts have been surveying military customers since 1995 to gauge their level of satisfaction.

Along with this survey, the district conducts an annual civil customer survey, though it is not required. SWL uses the results to improve its service. Though comparisons to other districts are not available, Little Rock's civil scores were up significantly from its previous five-year average.

"The surveys allow us to take the pulse of our customers so to speak," said Larry Rives, a civil engineering technician in Programs and Project Management Division. "They allow us to hear when we are doing well and allows our customers an avenue of relief when they perceive things are not going as they should be."

The surveys cover the areas of management, information availability, project documentation and project warranty work follow-up.

This year, 66 percent of the customers responded to the survey.

During his visit to the district, Col. (P) Robert Crear said that having this level of response is success in itself, but to have positive customer responses makes it even more outstanding.

Lee Bass, assistant chief of Programs and Project Management Division, said he is pleased with the district's success.

"It is a lot better to be on top of the heap than to be on the bottom," Bass said.

"I am glad the surveys reported the district is doing a good job, but being able to stay on top of the heap is our next duty."

SWL received kudos in the civil survey for being receptive and responsive to customer needs and for building strong partnerships with other organizations. Some suggested areas of

improvement include being more timely and thinking "outside of the box" when making decisions.

When unsatisfactory responses were received, district personnel took measures to ensure the matter was resolved.

"By setting face-to-face meetings with the customers and together ascertaining what needs to be done to improve the situation, the satisfaction level of the customer generally increases," Rives said.

"Over the years, after the follow-ups were performed, there was an

improvement in the subsequent year's surveys."

Some of the services provided by the Corps this year included awarding a contract for the construction of a childcare facility and assisting with support facilities for the chemical demilitarization plant being constructed by the Corps' Huntsville Center at the Pine Bluff Arsenal.

Two squadron operations facilities, a fitness center, a fire rescue station and several projects related to the C-130J bed down program at Little Rock Air Force Base were also included.



One door to the Corps

Clearwater, Table Rock rangers team with others to spread Corps message

Park rangers from Little Rock District's Clearwater and Table Rock lakes partnered with rangers from St. Louis and Kansas City Districts to man a booth at the Missouri State Fair, Aug. 8-18.

Clearwater Park Ranger Melannie Gracey said the three districts worked in cooperation to disseminate information about the history and mission of the Corps, along with the water safety message and recreational information.

"Coordination like this is a valuable tool," Gracey said.

"In the past we would have three booths, but we would all have virtually

the same information. This was always confusing to the public when you have to tell them to go to another booth for information about a particular lake."

Although Little Rock District park rangers regularly participate in boat and RV shows by operating booths like this one, Gracey said the fair booth reached out to a more diverse crowd.

"When you work a boat show, you are targeting people who own or want to own this equipment," she said.

"But with a state fair, you are targeting people who may not realize the full extent of what the Corps does."

The power of pink

Employee shares breast cancer survival story

by **Jamie Oliver**
LRDispatch staff

Somewhere, lost in the crowd of 36,000 people crammed into downtown Little Rock for the Susan G. Koman Race for the Cure, stood Joyce Perser alongside a group of women from Regulatory Branch.

She blended in with the thousands of other women milling about, waiting on the race to start. But her pink shirt distinguished her from the rest of her group.

Joyce Perser, Evaluation Section Chief in Regulatory, is a breast cancer survivor.

"I was the first to find the lump back in January 2002," Perser said. "I noticed some soreness in my breast when I was in the shower."

She mentioned it to her husband, a doctor, who recommended she tell her OBGYN on her next visit, which was coming up. She did.

"So the doctors did a lumpectomy," Perser said. "They did a second surgery where they took out the lymph nodes to see if it had spread, and those tests came back negative. When I came out of surgery, the doctors said it looked fine, that it didn't look like anything."

Perser said that while she was in recovery, however, the doctor came back in with very different news.

"The only thing I remember is everything being black and the doctor came back and said it was cancer," she said.

Perser said she was surprised by the discovery.

"I was shocked," she said. "No one in my family has a history of cancer so this came out of nowhere."

The oncologist recommended chemotherapy and radiation to treat the cancer, so Perser underwent 33 treatments of radiation and treatments of chemotherapy. Every morning before work from mid-March through June, Perser made trips to Baptist Hospital in Little Rock for radiation treatments.

Chemo treatments were done on Friday afternoons.

Elaine Edwards, a project manager in Regulatory and Perser's co-worker for 10 years, said hearing about the diagnosis was a shock.

"We were all pretty devastated," Edwards said. "Our branch wanted to find a way to support Joyce."

Edward said that in years past, she and Perser had talked about getting a team together with the women, but something had always interfered.

"My mother was sick with ovarian cancer last year, so I was unable to walk," Edwards said. Perser walked with her church group.

After the diagnosis, Edwards said the office was looking for a way to support Perser.

"I took a few meals over to her when we knew she was having treatments," Edwards said. "The office sent flowers. There's a group of about four of us that walks everyday in the basement. If she needed someone to talk to,

we were there to listen."

Thanks to their efforts, the entire office became Perser's support system.

"They have been a great support team," Perser said. "My boss, Jerry Harris, and all the girls on the team have just been wonderful through this. The girls suggested we have a team, and Jerry suggested that I be the team captain."



The men of the office also participated in the Three Miles of Men, a group of men that do not walk in the race, but offer support from the sidewalks lining the race. Altogether, the office had 11 women and six men participate, Perser said.

The week of the race, Perser went back to the doctor to have some follow-up tests done. "And everything came back clear," she said, smiling.

Seeing the massive crowd at the race in the early morning hours of Oct. 5 literally moved her to tears.

"It had already been an emotional week, with me getting the results of my test back earlier in the week, so it was just a really emotional day for me," she said.



All photos by Laurie Driver

(Opposite page, top) Sue Buring, property disposal officer in Logistics, and her running buddy Paul Thomas, stand among the thousands of walkers and runners who were ready for the race Oct. 5 in downtown Little Rock.

(Opposite page, bottom) Joyce Perser, surrounded by her co-workers and family members, is all smiles before starting the walk.

(Above) Helen Herr, Real Estate Division; Judy Bullwinkle, Technical Resource Center; Gena Fielder, realty specialist, along with her niece Kristen Faulk; Nancy Brooks, Office of Counsel and Carol Storey, wife of Keith Storey, Finance and Accounting Office take a moment to pose for a picture.

"The only thing I remember is... the doctor came back and said it was cancer." -- Joyce Perser

Just the Facts



More than 75% of breast cancers are found in women aged 50 or older.



Having one first-degree relative with breast cancer approximately doubles a woman's risk.



African-American women with breast cancer are more likely to die from the disease than Caucasian women.



Breast cancer causes more deaths in Hispanic women than any other form of the disease.



Mammography detects about 90% of breast cancer in women with no symptoms.



Mammography has been shown to reduce mortality from breast cancer by 20 to 39% among women aged 50 or older.



Little Rock's Race for the Cure was listed as the fifth largest race in the country in 2001.

Information courtesy of Arkansas Medical Society and the Susan G. Komen Breast Cancer Foundation. You can find this information at www.arkmed.org or www.komen.org.

Lest we forget

District employees share Veteran's Day stories

Veteran's Day, Nov. 11, is a day set aside to honor American veterans of all wars. The observance of this national holiday brings the spirit of patriotism and the love of the country into the hearts and eyes of all American citizens.

But what does it mean to be a veteran? In trying to answer this question, I thought of my grandfather, who served in the United States Navy during World War II. He has told me several tales of swimming ship to ship to watch picture shows and of paying quarters to take photographs with pretty ladies that would occasionally board the ships when they docked.

But not once has he told me about the war experience. He has never told me about seeing the aftermath of the attack at Pearl Harbor, but I know he was there. He has never told me about his ship getting fired upon, but I know it did. He has never told me what it was like to be separated from his family during this chaotic point in world history, but I know he was. He has not let me in on this part of his world simply because he does not want me to experience it. This is the same with many veterans. They fight the battles so that the rest of us do not have to face them. Because they faced the enemy, I will not have to. Because they put their lives on the line, I will not have to. And because they had a love and passion for the United States of America, I can

live freely in it.

Again, I ask myself what does it mean to be a veteran? This is a question that I cannot answer because I do not have the eyes or the heart of a veteran. So from the veterans themselves and from the ones that let a loved one go serve our country, this is the reason we have Veteran's Day.

Dorothy Seals

Student Aide, PAO

The military took a young boy from central Arkansas who thought he was patriotic but didn't know the first thing about discipline, honor, respect, courage and confidence! The Marine Corps gave me all these things and much, much more.

Being a veteran means still getting goose bumps on my body and chills up and down my spine whenever I witness the honoring of our flag with the National Anthem. It's knowing the deep sorrow and mourning on the sounding of taps which honors the loss of our brothers and sisters in the service of this great Nation. It's a bonding between people unlike anything I've ever witnessed to date in my life since leaving the service. It's meeting another veteran or active duty service member and shaking hands and looking into their eyes and communicating instantly; I know your pain, your hardships and your worries. It's being immensely proud of those who have gone before me, served with me, those currently serving and those yet to serve. It's understanding that many have, and others will, commit to the ultimate sacrifice in the service of our National interests and freedom!

The Marines have an old saying: "Once a Marine, always a Marine."

Mark Moore

Chief, Real Estate Division

Being in the service has changed my life (whether I liked it or not). It has given me a unique perspective that has been cultivated over the last 17 years. I cherish freedom, life, liberty and the pursuit of happiness, and I know none of those things comes free. I get chills every time I hear the National Anthem, because I understand the great sacrifice required to make those truths a reality. I have the utmost respect for every man and woman that has ever served; and I considered myself privileged to be called a veteran. I continue to serve because I believe the United States and its principles are something worth fighting for.

Patricia Anslow

Chief, Environmental Section

Planning, Environmental and Regulatory Division

Lt. Col. Engineer, AR Army National Guard

My father will mark Nov. 11 as his first Veteran's Day as a veteran. After almost 30 years in the military, my father retired the first weekend of this month, so I now get to put my father in

(See "Veterans" on Page 12.)

Cleanin' up Bona Dea



Courtesy of Allison Smedley

Chief of Natural Resources Management Dale Leggett rakes shrubs during Russellville Project Office's National Public Lands Day festivities.

Election year guidance for federal employees

by **Frank Swift**

Special to LRDispatch staff

With the congressional, state and local elections before us, district employees should be aware of the rules that govern political activities by federal employees.

The Federal Employees Political Reform Act of 1993, also known as the revised Hatch Act, allows federal employees greater freedom to participate in political activities. However, important restrictions remain and penalties for violations are severe.

Employees should be familiar with the new rules before engaging in political activities. There are two cardinal rules to understanding how the FEPPRA changes the Hatch Act.

First, political activity on the job or in the federal workplace is forbidden. Second, much political activity when away from the job is acceptable.

The first rule is clear and simple.

It bans signs, buttons, cartoons and other items proclaiming a political preference from the workplace.

It prohibits the use of official authority or influence to promote or disparage a party or candidate.

The FEPPRA forbids the expression of an employee's partisan political preference while in public if they are using a government vehicle or wearing any type of uniform or insignia that could lead others to believe they are speaking in an official capacity.

It also bans the display of a political bumper sticker on a private auto used on official business. If you have a political bumper sticker, it must be covered when you use your car on official business.

The second rule reflects the congressional policy to allow federal employees greater political participation as private citizens. The revised Hatch Act now permits employees, acting in their personal capacities and away from

nonpartisan elections; assist in voter registration drives, contribute money to political organizations; take an active role in political parties, clubs, rallies and meetings; and sign nominating petitions.

Moreover, the FEPPRA now allows a federal employee, when acting as a private individual, to take part in activities formerly prohibited by the Hatch Act.

Acting in a personal capacity, an employee may now campaign for or against candidates, take an active role in managing a political campaign, make campaign speeches for candidates in partisan political races, drive voters to polling places for a political party or partisan candidate, distribute campaign literature, and canvass for votes in support of or in opposition to a partisan political candidate.

The key to avoiding a FEPPRA violation, while engaging in otherwise

(See "Election" on Page 10.)

Internet freebies may cause more problems than worth

Are you troubled by endless pop-up advertisements every time you search the Internet? This is a good indication that you have Spyware or Adware on your computer.

You may have no recollection of how this program could have appeared on your computer because you didn't download it. When you search the Internet, you see endless offers for "free" software.

These advertisements for programs that will increase the download speed offer other special features that promise to enhance programs you already use. They might appear very attractive to computer users.

Numerous Corps users recently downloaded the Hotbar plug-in for Microsoft Outlook. But this is unauthorized software and must not be installed on any Corps computer.

Almost all "freebies" offered on the Internet contain insidious software called Adware or Spyware. Adware is software that sends advertisements to your computer through a banner window or pop up advertisement by putting holes in your firewall to allow them in.

Spyware is intrusive software that keeps track of information about you and your web surfing habits. It can collect your name and e-mail address via the Windows Registry in order to send unsolicited e-mails. The Hotbar plug-in for Outlook by industry standards is considered to be Spyware.

Just as there is no "free lunch," rarely is there any "free" software. Many of the download accelerators and other special feature "freebies" are simply program masks for putting unwanted Spyware or Adware onto your personal computer.

Not only are such programs annoying, they often do more harm than good by slowing your computer's performance, putting holes in protective firewalls and opening your system to hackers.

These "freebies" usually come with an End User License Agreement, which is displayed during the installation process. Accustomed to moving quickly through installation procedures, you might miss important details. Often, the EULA does advise us about the software we are about to install on our systems.

The least amount of damage these programs can do is to fill your inbox with unsolicited, often offensive e-mails.

This requires you to scan and delete all emails from an unknown source each time you open your inbox. If children use the same e-mail account on your home computer, you run the risk of having this material available to them.

Also, remember the Spyware watches you and it's quite legal. You agreed to the EULA.

If you need assistance unloading freeware, or have any questions about software that is loaded on your system, please call the Help Desk at ext. 6824 or 1-887-885-6675.



Kathy Brewer
Customer Assistance
& Applications Section

Several factors involved in hunting accidents

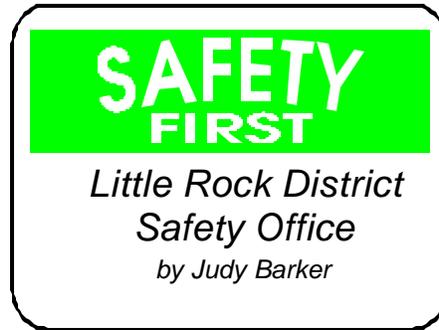
More hunters die from heart attacks, falls and exposure than from gunshot wounds. Gun-related accidents account for only 8% of hunting-related injuries.

Falls from trees and tree-stands are the cause of many hunting accidents. These falls can lead to firearm accidents. A safety strap or harness should always be worn when climbing, sitting in and leaving a stand.

Overexertion causes fatigue, which in turn exposes the hunter to additional hazards. Hunters not acclimated to the rigor of the sport should spend time getting into physical condition prior to the hunt.

Water is a constant menace to all hunters, not just waterfowl hunters in boats. All hunters on the water should wear life jackets.

Hunters who unexpectedly find themselves in the water should not panic, but should relax and let the air in



their clothing bring them to the surface. From this position, the hunter can move toward safety in a modified breaststroke or backstroke.

Prolonged exposure to the cold can result in hypothermia. This occurs when the body's temperature drops and can be fatal. Lost hunters should stay put and try to keep warm by improvising a shelter against the elements. Conserving food, water and energy are vital to survival

when dealing with long-term exposure. Sounding the international distress signal, three short blasts in quick succession, may help in obtaining aid.

Alcohol should not be taken for the purpose of keeping warm. Although it seems to have a warming effect on the body, it actually lowers the skin and body temperature and impairs judgment and coordination.

Nearly 48% of non-fatal hunting injuries occur during field-dressing and butchering of game as lacerations, typically from a knife.

Hunters should remember that the most common regulations are summarized in the Arkansas Hunting Regulations booklet.

If hunters have questions, they should contact their local wildlife officer or the Arkansas Game and Fish Commission.

Election

(Continued from Page 9.)

acceptable, off-duty political activity, is to insure that nothing suggests you are speaking or acting as anything but a private citizen.

However, certain important restrictions still apply, even when federal employees are acting in a private capacity and are off-duty and away from the workplace. Employees are still prohibited from using official authority or influence for political purposes, running for a partisan political office, or knowingly soliciting or discouraging the political activity of anyone having business with the employee's agency.

The statute still prohibits federal employees from soliciting funds or campaign contributions, although there is a very limited exception for members of qualified federal labor and employee organizations.

Even when off-duty and away from the workplace, an employee may not engage in political activity while using a government vehicle or while wearing a uniform or an insignia that identifies him as a federal employee.

He may not contribute to the political campaign of anyone currently in his chain of command, including the president and vice-president.

Violating the FEPPA is serious business. The statute requires that violators be removed from federal employment.

The mandatory removal can only be

avoided by a unanimous vote of the Merit System Protection Board. However, even the MSPB cannot reduce the penalty to less than 30 days suspension without pay.

Political participation is your right as a citizen, but as a federal employee you must be sure you are acting within the law.

DISTANCE LEARNING

Mr. Robert Wardlow, University of Arkansas College of Engineering will speak on "Distance Learning," Nov. 7 at 11:30 a.m. in the DE Conference Room.

Mr. Kevin Baker with the Garland Company will speak on Roof Design 101 on Nov. 21, noon-1 p.m. in the DE Conference Room. POC is Wayne Lewis at 324-5568.

Communications videos added to TRC shelves

The TRC has added two new titles from the Sheet Metal and Air Conditioning Contractors' Nationals Association, "Thermoset FRP Duct Construction Manual (TH 7683 .D8 .T46 1997) covers the physical properties, manufacture, construction, installation and methods of testing fiberglass reinforced thermosetting plastic duct.

"Round Industrial Duct Construction Standards" (TH7683 .D8 .R68 1999) addresses the determination of the necessary construction details for the fabrication and installation of round metallic industrial ductwork.

Books on Popular Topics

"Managers as Facilitators; a Practical Guide to Getting Work Done in a Changing Workplace" (HD58.9 .W42 1999) offers guidance for managers and leaders to clarify work to be done, improve group dynamics, build effective change processes and create changes they want. The final chapter discusses "quick fixes" for 15 common problems.

"Managing for Excellence" (HD 31.D5629 2001) is a compendium of useful information for managers. Topics include achieving excellence, learning to lead, strategic thinking, coaching effectively, managing budgets and more.

"Making it Happen; a Non-Technical Guide to Project Management" (HD69 .P75 K 1995) presents the basics on project management in the form of a novel. This approach provides an



interesting, easy to read format. This unusual presentation makes the concepts easy to grasp. Boxes, definitions, and charts highlight key points and practical tips.

As an essential reference book, "Knowledge Management Handbook" (HD 30.2 .K637 1999) provides a foundation in methodologies, techniques, and practices in KM. Chapters by researchers and practitioners address strategies, technologies, applications and people.

"Duty, Honor, Country; the Bicentennial of the United States Military Academy" (U410 .I3 D981 2002) provides an history of West Point followed by discussions of the various programs as well as sketches of distinguished graduates.

Additions for Personal Growth

"Smart Choices: a Practical Guide to Making Better Life Decisions" (BF 448 .H35 2002) combines current research

and common sense to teach readers how to assess objectives, create a comprehensive set of alternatives, and make a good decision while being fully aware of all the possible consequences.

"Dealing with People You Can't Stand: How to Bring Out the Best in People at Their Worst" (HM 1106 .B75 2002) is the newest edition of a popular book that many SWL readers have said is the best book they have read. The work addresses the 10 most unwanted behaviors and how to deal with them as well as tips on being persuasive and influential.

A new edition to the "Gentle Art" series, "The Gentle Art of Self Defense at Work" (BF637 .V47 E434 2000) utilizes dramatized scenarios to illustrate the techniques necessary to take positive control of any conversation. The work provides guidance on how to communicate sensitively and covers e-mail and voice mail techniques.

Hot Website of the Month

<http://paralink.com>

Web translator for six languages

Ranger

(Continued from Page 1.)

was God's intervention that caused him to be at the right place at the right time.

"I'm humbled by it. It was part of God's plan, and I just happened to be the one there," Kwarcinski said.

Those who know him, like Rick Hightower, another park ranger at Beaver Lake, are not surprised at Kwarcinski's actions.

"He's a caring person. He goes out of his way to help others," Hightower said. "I've known him for 11 years, and he's always been like that."

Hightower said he believes what makes Kwarcinski so good

with people is that he takes the time to talk and get to know them.

In addition to being a summer park ranger, Kwarcinski teaches English at Rogers High School in Rogers, Ark. He said he enjoys both jobs and enjoys going to work each and every day.

"There are a few things I've figured out over the years. One is that if you're doing what God has gifted you to do, then it's not even work," Kwarcinski said.

Kwarcinski said he believes God has plans for the young man he helped.

"My hope and prayer is that someone has the courage to point him in the right direction."



Veterans

(Continued from page 8.)

the same category as my grandfathers, which I'm sure he'll love. It was around this time of year in 1990 that my dad was called to head to Saudi Arabia. My thoughts always trail back to that because it was such a big moment for this daddy's girl. I can remember very few times in my life that I've seen my daddy cry, and when he left us that cold December morning, my father left with big tears in eyes. But he also left with something bigger: pride and love of this country, that I'll never forget. The pride that comes when I talk of my father's service to this country comes from those eyes.

Jamie Oliver
Student Aide, PAO

I wasn't drafted, I joined the Army. I was willing to do whatever was required of me to defend my country.

I was never placed in harm's way, for which I thank the Good Lord.

I also thank Him for allowing me to live in a country worth the ultimate sacrifice, made from a free and willing heart. Being a veteran is my personal testimony as to what the USA means to me. My ancestry is Italian, my grandparents came here in 1921. When I

was a teenager, I started making a big deal about how cool I thought it would be to go back to Italy. My Dad looked me in the eye and said, "If Italy is so great, why are we here? Do you know what my parents went through so you and I could

grow up in America?" I got the message. God Bless the USA.

Steve Franco

Senior mechanic, Beaver Powerhouse

Editor's Note: All stories compiled by staff writer Dorothy Seals.

West Point reunion



Courtesy of Col. Ben Butler

Col. Ben Butler, West Point Class of 1978, and Patricia Anslow, West Point Class of 1989, helped celebrate the retirement of Army Mules Traveler and Trooper. Judge Bill Wilson will be hosting these retirees at his ranch.

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