

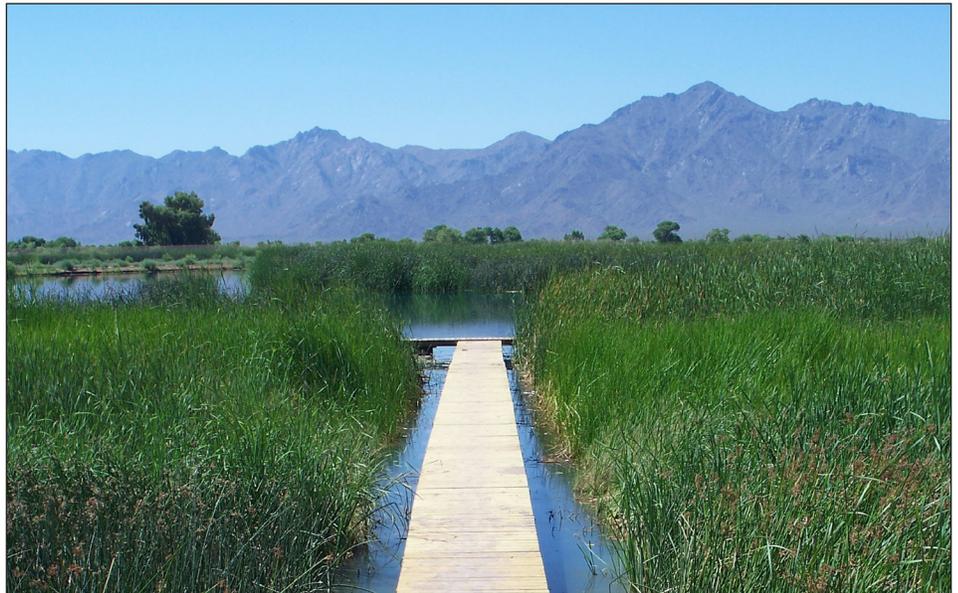
ENVIRONMENTAL CHIEF OF ENGINEERS AWARD OF EXCELLENCE

Tres Rios Environmental Restoration Project, Phase II Flow Regulating and Overbank Wetlands – Salt River, Arizona

Design District: Los Angeles District, U.S. Army Corps of Engineers

The Tres Rios Environmental Restoration Project evolved from an early proposal for advanced nitrogen removal of effluent discharged from the 91st Avenue Wastewater Treatment Plant (WWTP) in Phoenix, Arizona, into a large scale habitat restoration, environmental education, flood control, and public recreation project. Flow Regulating Wetlands (FRW) and Overbank Wetlands (OBW) form the backbone of the project. The FRW buffers diurnal flow rate fluctuations from the WWTP, regulates, and discharges treated effluent into the OBW through automatic control gates, spillways, and channels. Requiring extensive coordination between USACE, City of Phoenix Water Services Department, Archer Western Contractors (AWC), the design/construction engineers, Jacobs Engineering (formerly Damon S. Williams and Associates), and Wass Gerke and Associates, the project comprised moving over three million cubic yards of material around the 580 acre site to create a wetland system providing over 450 acres of diverse aquatic and riparian habitat.

Planning began in the early 1990's and the project originated as a collaborative effort involving multiple stakeholders including USACE, City of Phoenix, U.S. Bureau of Reclamation, U.S. Fish and Wildlife Service, Arizona Department of Game & Fish, City of Avondale, Gila River Indian Community, the Flood Control



District of Maricopa County, and the Environmental Protection Agency.

Treated effluent from the 91st Avenue WWTP is pumped over a mile to the intake structure at the FRW, which provides a platform for a variety of emergent plants. Normal supply of effluent entering the system is between 15 and 120 million gallons per day (mgd), and the wetlands can support up to 450 mgd during storm events. A second tier of water polishing removes total residual chlorine, ammonia, and whole effluent toxicity for flows up to approximately 45 mgd. This natural method costs about one tenth the cost of traditional wastewater treatment. Polished water passes through the wetland system

before being discharged into the Salt River. The OBW are designed to bring the public closer to the restored riparian environment. As funds allow, trails and amenities will be added.

In the two years since the project was planted and the wetland basins filled with water, bobcats, bald eagles, beavers, turtles, and snakes have all visited the area. More than 147 species of birds have been identified in the vicinity. Diversity and abundance of wildlife species are expected to increase as the project matures. In addition, this project has been used in several Riparian Prospect Courses sharing the innovative technology of the project with USACE staff throughout the country.

Weed Army Community Hospital

Fort Irwin, California

Design District: Los Angeles District, U.S. Army Corps of Engineers



“By aiming for net-zero energy use, a noteworthy, if not remarkable, achievement on any project - let alone a hospital - this project seeks to break the past stereotypes in medical design of reliance on energy and natural resources.”

— Jury Comment



The Weed Army Community Hospital replacement project was conceived to improve the medical care provided to soldiers, military families, and retirees in the Fort Irwin community. This mission-critical project includes the design of a replacement hospital, clinic alterations, utility plant building, ambulance shelter, and helipad. Combining state-of-the-art facility design with innovative energy conservation and generation, this is the nation’s first carbon-neutral hospital, and it sets a precedent for future military facilities.

Client/design teams relationships were streamlined for faster completion. Real-time quality controls were coupled with an “out-of-the-box” approach to scheduling. Army and government representatives worked with the design team on a daily basis to expedite the feedback process. Combined with the use of building information modeling (BIM) software platforms, this approach allowed the design team to receive and incorporate real-time feedback without waiting for validation, thus enabling the team to complete design, from schematics through construction documents, on an accelerated timeline of less than 18 months, about 40 percent of the time a project of this nature typically takes.

During the course of the design process, the team analyzed alternatives and strategies related to sustainability. The most notable strategy implemented, the photovoltaic (PV) array, is eligible for refund incentives from the local utility provider, Southern California Edison. Based on the PV’s energy production, these incentives will amount to approximately \$1.5 million over five years. The design also incorporates state-of-the-art technology for clinical care within military hospitals. Integrated operating rooms feature robotic and information systems for careful, efficient management of patient data. These expanded rooms accommodate the newest equipment including digitized radiological equipment. Recovery rooms feature patient lifts and family areas. The project also includes installation of an intrusion detection system and provides connection to the energy monitoring and control system.

By incorporating the best practices of premier health facilities throughout the country, implementing targeted sustainability measures to reach significant milestones for health care design, and working collaboratively among military health care professionals in a tight, streamlined approach, the design of the Weed Army Community Hospital stands as a substantial accomplishment for military health care. Under the US Green Building Council’s LEED-BD+C rating system, the design should achieve 87 credits, seven more than required for Platinum status.

COMMANDER'S MESSAGE

Dear District Teammates,

I know many of you took time during the summer months to enjoy some travel and fun. Now that you've returned, I'd like to welcome you back to the district where we find ourselves in the final month of the fiscal year. Nothing like going from "rest and relaxation" to the stress of a year-end closeout!

However, I know that all of you are up to the challenge. For me it is only my 3rd year-end close out; but for the majority of our teammates, you've done this many times before and it's "business as usual." Regardless of the positive or negative effects of year-end on you personally, the bottom line is that we are all in for a lot work.

In preparation for the successful close out of all of our programs, David Van Dorpe and I have been traveling around the Los Angeles District area of responsibility meeting with partners, stakeholders, and sponsors. In our civil works business line, we've met with cities and counties to discuss current projects and the proactive ways we can work together to ensure future funding in the out years. In our military business line, we've met with Army and Air Force leadership as well as base civil engineers and garrisons to do line item reviews of current work and posture ourselves for the receipt and execution of any year-end funding. Additionally, with Congressional members in recess, we've taken the opportunity to meet with key Congressional representatives in their local district offices.

Throughout my travels, I am constantly amazed by all of the outstanding work that employees are contributing to the success of the District. Your motivation is high and your passion for your job and moving the work forward keeps the Corps **BUILDING STRONG!** Yet through it all, I'm happy to see that the second part of our motto, "**Taking Care of People**" continues to resonate across the work force. I

remain committed to the vision and the strategic course that I set us on when I took command over two years ago. We've accomplished so much with our PEOPLE initiatives and I am extremely proud of the District leadership that has made PEOPLE the foundation for everything we do.

In September, we continue our emphasis on PEOPLE by celebrating Hispanic Heritage month. When I think of the gifted and talented Hispanic Americans working in our District, it is not surprising that we have accomplished so much through the years. Incredible leaders such as Danny Carrasco, Betty Melendrez, and Ventura Gomez are just a few of the Hispanic Americans who make our District GREAT! To all our employees of Hispanic heritage, THANK YOU for all your contributions to the U.S. Army Corps of Engineers.

Finally, the end of summer also means the start of the college football season. As my wife will attest, I become "missing in action" on Saturdays as my favorite football team plays its weekend game. I won't mention any team names here, but those of you who know me well know that I am devoted fan. For those of you who share my enthusiasm for college football, I wish your team success for the season. But at the end of the day, the team that really matters most is the Los Angeles District Team. In my book, all of you are First Team All-Americans!



Warm Regards,

COL Toy

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Tujunga Wash now open to public

By Jay Field

LOS ANGELES — Officials from the U.S. Army Corps of Engineers Los Angeles District and Los Angeles County cut the ribbon opening the Tujunga Wash Ecosystem Restoration Project in Valley Glen, Calif., to the public Aug. 15.

The \$7 million project was designed to restore degraded habitat along the sides of a 3/4-mile stretch of concrete channel carrying runoff from Hansen Dam to the Los Angeles River. Construction included a meandering stream with native riparian vegetation and pedestrian pathways along banks of the channel between Vanowen Street and Sherman Way in the San Fernando Valley. The project connects to the county's Greenway project to the south, creating a riparian habitat corridor nearly 2.5 miles long.

LA County Supervisor Zev Yaroslavsky hosted the event and told the 50 people in attendance, including project partners and local residents, that open recreation space enhances quality of life but, more importantly, it improves the environment.

"It's greening the environment. It's taking an asset that's been not only underutilized, but un-utilized, from an environmental point of view, and turning it into a real community asset that's fully utilized," said Yaroslavsky. "I know that the neighborhood's going to love this and appreciate this."

Yaroslavsky said one of the key features of the project is its water conservation component, where the meandering stream aids groundwater recharge.

"One way to reduce the reliance on imported water is by increasing the amount of rainwater that we capture and return to the groundwater table right here in the San Fernando Valley," he said. "We need to continue to develop these kinds of innovative and cost effective environmentally sensitive projects to increase our local water supplies."

LA County Department of Public Works operated and maintained the



Residents stroll along the newly opened Tujunga Wash Greenway Aug. 15 in Valley Glen, Calif. The project features 3.2 miles of public pathways, along with 18 acres of open space adjacent to the concrete channel that carries runoff from Hansen Dam to the Los Angeles River. (USACE photo by Jay Field)

concrete-lined channel for the sole purpose of flood risk management. According to Director Gail Farber, the department welcomed the opportunity to collaborate with the Corps to bring environmental, recreational and educational benefits to this dense urban area.

"We're extremely proud of our collaboration with the Army Corps of Engineers and the common vision we share with the urban waterways, like the LA River and its tributaries; to transform them into sustainable ecosystems that provide not only flood protection for our communities, but also habitats for plants, wildlife, open space and recreation for our residents," said Farber. "So this project and the two habitat restoration projects downstream brings us even closer to our vision of sustainable communities."

Los Angeles District Commander Col. Mark Toy talked about the growing momentum in the movement to restore portions of the LA River watershed with programs like the Urban Waters Federal

Partnership and America's Great Outdoors Initiative. Both programs share the goals of reconnecting people across the nation to their waterways and promoting water conservation. He said the Tujunga Wash restoration project, although relatively small, shows what is possible along the LA River and complements the river's revitalization plan.

"This particular project here at Tujunga Wash has garnered a lot of interest from higher levels in Washington, D.C.," said Toy. "They [Principal Deputy to the Assistant Secretary of the Army for Civil Works "Rock" Salt and Chief of Engineers Lt. Gen. Thomas Bostick] had heard what's been going on in Los Angeles and what ecosystem restoration looked like and they wanted to see it for themselves."

All told, the Tujunga Wash Greenway created a total of 11.5 acres of native, drought-tolerant habitat, with 18 acres of open space and 3.2 miles of public pathways in a park-poor area of the San Fernando Valley.

LA District preparing for construction on Luke AFB



The Air Force officially announced the base as the site of the Air Force's F-35A Lightning II pilot training center Aug. 1. This artist's rendering shows what the proposed Aircraft Maintenance Unit building for the incoming F-35 squadrons at Luke AFB may look like when it is complete. The U.S. Army Corps of Engineers Los Angeles District is scheduled to begin construction in October. (USACE Artist's Rendering)

By Daniel J. Calderón

LUKE AFB, Ariz. — The U.S. Army Corps of Engineers Los Angeles District Arizona/Nevada Area Office's Roadrunner Resident Office is preparing for a busy season at the base.

The office is preparing to award between \$90 and \$100 million in work following the U.S. Air Force Secretary Michael Donley's Aug. 1 Record of Decision announcement that the base had officially been selected as the location of the Air Force's F-35A Lightning II pilot training center. According to the announcement, the base will receive 72 aircraft and accompanying personnel for

a total of three fighter squadrons.

"This is very significant for us," said Troy Olson, resident engineer for the Roadrunner office. "We'll have 20 of our people out at Luke for the duration of the projects there."

Olson said his office is working to award more than \$20 million in operations and maintenance work at the base associated with the F-35. He said there is also more than \$70 million in military construction work currently on tap to be awarded by the end of the month. The largest construction project is the Academic Training Center. Others include aircraft maintenance units and operations buildings for the new

squadrons.

"It's great knowing the work we do will provide support for this vital mission," Olson said. "The F-35 is the next generation of aircraft and being able to ensure our Air Force personnel have the most up-to-date facilities to work and train in is important to me and to the people I work with."

Olson said he is expecting the project to provide a significant economic impact on the area. He and his team are preparing to help process more than 3,000 passes for civilians who will be working on the project. Construction on the new facilities is scheduled to begin in October.



These artist's renderings shows what the proposed Aircraft Maintenance Unit facility for the incoming F-35 squadrons at Luke AFB may look like when it is complete. (USACE Artist's Rendering)

Antiterrorism month ends, awareness continues

By Jeff Koontz, Security and Law Enforcement chief

LOS ANGELES — Vigilance is the key to detecting potential threats. During the month of August, we posted signs and videos and conducted a lot of AT training. Many people wonder why? One recent incident happening within our Area of Operation--where our teammates work--could have been much worse if someone had not been observant and reported the suspicious activity.

A service member on an installation reported he observed an individual loading a magazine with ammunition while sitting in his vehicle in front of the unit. Law enforcement responded and took the individual into custody without incident. Upon search of the individual's vehicle, law enforcement personnel found a .22 semi-automatic pistol, a .44 caliber revolver, an upper receiver to an AK-47, two homemade silencers, a body armor vest and a map of the installation.

Stay aware and be vigilant to prevent and protect our employees and our community from potential acts of terrorism. Threats can exist at any level and law enforcement needs us to be able to recognize and report suspicious activity.

Often, people think of terrorism as the horrible events of Sept. 11, 2001. Recent trends show it's not only big attacks, but a single person with a gun. Many incidents have been interdicted, simply because someone saw something that didn't look right and reported it. "See something, say something!"

To report suspicious activity, call 911, the regional FBI office, or the police or sheriff's departments. The Army's iWATCH and iSALUTE programs also allow anonymous potential terrorist activity tips.

It pays to be vigilant. Suspicious activity can be reported to the following contacts:

- Security and Law Enforcement Office
213-452-3969
- iSALUTE program
<https://www.inscom.army.mil/isalute/>
- iWATCH program
<http://www.myarmyonesource.com/iwatch>



**iWATCH
ARMY**

iREPORT **i KEEP US SAFE**

**A Simple Observation
A Single Report can lead to actions that may STOP a terrorist attack**

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

Every August, the Army promotes its antiterrorism awareness program, iWATCH.

iWATCH is designed to encourage Soldiers, Family members and civilians throughout the community to become familiar with and report suspicious activity or behavior to Military Police or local law enforcement.

See something. Say something.



**Army
Antiterrorism**

Army Strong™

Always Ready, Always Alert
Because someone is depending on you

Army Reserve Center nears completion

Building green feature lets the sun shine in for energy conservation



The 12,500-square-foot organizational maintenance shop will provide work bays and offices for several units. Solar tubes light the maintenance, office and common areas making use of electric lighting unnecessary in the daytime. Insert is a closeup view of a solar tube in action. (USACE photos by Dave Palmer)

By Dave Palmer

LOS ALAMITOS, Calif. — The California National Guard's Joint Forces Training Base here will soon be home to the 79th Sustainment Support Command's new Army Reserve Center.

The JFTB supports various military units, as well as other national, state and local organizations, with facilities and resources needed for training and real-world emergencies. Maj. Phillip Oster, the U.S. Army Corps of Engineers Los Angeles District's Santa Ana Resident Office deputy spends much of his time ensuring projects like this \$25 million center meet or exceed those requirements.

"The project was designed at the Leadership in Energy and Environmental Design level for Silver," said Oster.

LEED is how the U.S. Green Building

Council rates a project for its design and achievement in categories like sustainability, water efficiency, energy conservation and design innovation.

"The project made great use of recycled materials, waterless urinals for water conservation and solar tubes that light office, maintenance and common areas in the day time," added Oster.

Providing state-of-the-art facilities like the 12,500 square-foot Organizational Maintenance Shop will provide work bays and offices for units to not only maintain their equipment, but train and utilize their skill which enhances retention, according to Oster.

Secure parking and storage for vehicles is being addressed with more than 28,000 square-feet in organizational parking.

"The vehicle storage area was covered in recycled material that cut costs and allows for drainage," Oster said. "That

and the adjacent retention basin raise capacity of the existing base drainage system by allowing more water to percolate back into the ground."

The 15-acre tract where the project is taking shape is the traditional maintenance zone of the base, complete with an outer sound wall and a green-zone area of trees giving about a 50-foot buffer before the outer wall.

"An environmental assessment was done several years ago that called for 16, five-gallon trees to be planted in that area," said Oster. "Along with base security and leadership, we've worked out a plan for 15-gallon trees, much larger, that will provide sound and light dampening and are arranged to not infringe on base security."

Along with overseeing construction, the District performs quality control on the project. Oster said he expects the project to be completed in October.

Extreme Dieting...

By Cecy Ordonez

LOS ANGELES — A popular diet from the 1970's is making its grand return as one of the latest fad diets – the HCG diet or “the pregnancy diet”. In fact, I first heard about this diet only a few weeks ago when my half sister posted on Facebook that she has been losing a lot of weight and revealed her secret - HCG. She stimulated my curiosity and I set out to find more information.

In the early 1950's a renowned endocrinologist, Dr. A. T. W. Simeons, discovered the effects of Human Chorionic Gonadotropin or HCG, a naturally occurring hormone that is released during pregnancy. In pregnancy, HCG ensures that the fetus gets the necessary nutrients by increasing blood flow to the uterus. The synthetic version of this hormone is normally used to treat infertility in females and to increase testosterone levels in males. The latest function for this synthetic hormone claims that HCG simultaneously suppresses appetite while burning abnormal body fat. In fact, most people on the diet end up losing one to three pounds per day! However, that does not come without sacrifice. Here is the general protocol of the diet:

The Loading Phase – dieters spend two days eating as many high calorie and fatty foods as possible (e.g. fried chicken, pizza, ice cream, chocolate, pies, macaroni, etc). This is done to prep the body for receiving HCG.

The VLCD (Very Low Calorie Diet) Phase - dieters follow a 500 calorie intake along with a regular dose of HCG for 21 to 38 days. The 500 calories are limited to specific foods with no sugar, no caffeine, organic starch free vegetables and lean meats. After this cycle, the dieter stops taking HCG for 3 days until its out of the system.

Stabilization Phase – the dieter takes 21 days to learn to maintain their



new weight by eating whatever they want with the exception of no sugar or starches and by increasing calorie intake to 800-1000 per day.

Maintenance Phase – the dieter returns to a normal diet with no food restrictions, increases activity with a goal of staying healthy. After 21 days on the maintenance cycle, dieters can begin the regimen all over, if there is more weight to lose.

One to three pounds per day of weight loss sounds like a miracle. As you begin to hear more about HCG, it is no surprise that you will be hearing how successful, easy and dramatic the weight loss is. What people are not talking about and what you should know is:

- Living on a 500 calories per day diet is dangerous and has side effects, such as gallstone formation, imbalance of electrolytes (which supports muscular and nerve function), irregular heartbeat or even death. It's impossible to meet your nutritional needs for carbohydrates, protein, fats, and fiber with 500 calories per day which would lead to vitamin and mineral deficiencies. A restrictive calorie diet should be

monitored by a physician who is prescribing the diet as part of a medical treatment.

- Multiple studies using a double blind strategy, where neither the physician nor the patient know if they are receiving the HCG or a placebo, found that both groups lost a significant amount of weight which was attributed to the very low calorie restriction. In other words, the HCG did not show any significant advantage of losing weight or losing more fat than the placebo group.
- Since HCG is becoming more and more popular, there are many companies trying to profit from the hype. The Food and Drug Administration is advising consumers to stay clear of any “homeopathic” HCG products sold over the counter or online, since they are not monitored for quality, effectiveness, content or safety.

The synthetic version of HCG continues to be studied and will remain extremely controversial with those who believe it works and those who worry about its safety and long term effectiveness.

Corps replenishment of Redondo Beach

By Greg Fuderer

REDONDO BEACH, Calif. — Final preparations took place Aug. 21 for the placement of about 75,000 cubic yards of beach-compatible sand in an effort to replenish and protect an active shoreline affected by ten years of tidal action since its last replenishment.

Dutra Dredging, the contractor hired by the U.S. Army Corps of Engineers to perform the work, finished assembling nearly 1,500 feet of 12-inch diameter rubberized pipe and connected it to the dredge Paula Lee sitting offshore. Andrew Hunt, Dutra's project manager for the work, said that barring unforeseen circumstances he expects Paula Lee to begin pumping clean sand onto Redondo Beach by Aug. 22. He expects Paula Lee to place about 2,000 cubic yards of sand per day during the project that is scheduled to last about 40 days.

The material placed at Redondo Beach is part of a Corps project to remove about one million cubic yards of material from the Marina del Rey entrance channel in order to deepen the channel to its federally-authorized depth and improve safety for mariners and first responders who use the marina.



Jeff Cole, US Army Corps of Engineers manager for the Marina del Rey, Calif., entrance channel navigation dredging project, speaks with a reporter at Redondo Beach, Calif., about the project's placement of nearly 75,000 cubic yards of sand there. The Redondo phase of the project is part of a Corps navigational dredging project to remove about one million cubic yards of sediment at Marina del Rey to restore navigational safety for mariners and first responders. (USACE photo by Greg Fuderer)



A pusher boat hauls nearly 1,500 feet of 12-inch rubberized pipe to the dredge Paula Lee just offshore from Redondo Beach, Calif., in preparation for the transfer of nearly 75,000 cubic yards of sand from a dredging project at the Marina del Rey entrance channel. This work is a phase of a project designed to remove about one million cubic yards from the channel and restore safe navigation for mariners and first responders who use the marina. The Redondo portion is scheduled to take about 40 days. (USACE photo by Greg Fuderer)

Suicide isn't painless

By Steve McCombs

LOS ANGELES — As many of you may already know, the Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Army-wide suicide “stand down.” This includes U.S. Army Corps of Engineers, by direction of Lt. Gen. Thomas P. Bostick. You will get more information on this soon via your chain of command, but in the meantime I am going to share with you a very personal story. No history lessons or jokes. I am going to be very frank with you about suicide – because I know it too well. Share this with your co-workers. Think about it a bit and you may find the upcoming training a bit more relevant.

I come from a big family, with lots of Aunts and Uncles and Cousins. I was particularly fond of my Uncle Dale, his wife Betty (my mother's sister) and their only child, Jerry. Uncle Dale and Aunt Betty were high-school sweethearts and were married during World War II. My uncle was rather well-to-do and they lived in an upscale home in Riverside and generally enjoyed life to the fullest. Uncle Dale's passion was always boats. He owned several over the years and the family spent many a weekend down in Newport Harbor, sailing in and around the local waters.

Over the years, Uncle Dale developed a heart condition and his doctors told him to get more exercise. So, being the eccentric fellow he was, he got his exercise by emptying his swimming pool with a bucket. This actually helped his heart, but didn't do much for his skin. With all that beach time over the years, he developed a case of Melanoma – a very deadly form of skin cancer - which greatly affected his health. Having always been a vigorous and active man, it apparently became too much for him to bear.

One morning, about 20 years ago, Dale laid out all the paperwork my

Aunt Betty would need, left her a note and then shot himself in the head. He didn't die for several hours. Aunt Betty waited and prayed and went through all the agonizing thoughts and emotions one has in this situation. My mother read his eulogy at the funeral, and I remember how difficult it was for her to get through it.

Roll ahead to about 5 years ago. Cousin Jerry had just retired for a local school district. He was always a bit off center from the norm, for which he took medication, but always a very likable and friendly fellow. When he retired he decided to do three very awful things. First, he went off his meds without his doctor's advice. Secondly, he drove up to his mother's home and just kinda moved in. Then, for the final, devastating choice, he took his pistol and shot himself in the head. Aunt Betty found him when she came home from the store.

The agony that a suicide causes the ones left behind is not difficult to describe. Just think of every terrible emotion you can, put them all together at the same time, and there you go. The TV show, “M.A.S.H.,” had the theme song, “Suicide Is Painless.” I can assure you with great personal knowledge that it is not. I am still profoundly sad just writing this article. I just hope that it stops even one person from committing this terribly selfish act. Suicide is a permanent solution to a temporary problem. If you can ever stop anyone from a suicide – DO IT!

Aunt Betty still lives in the house where both Dale and Jerry took their own lives. It's a testament to her strength and courage that she does so. She's almost 90 years old now and has to live with this terrible memory forever. I hope all of you never have to go through this.

And, as always, drive safe, drive sober and buckle up! ~ Steve

Army-wide stand down

The stand down is meant to familiarize all members of the Army family with the health promotion, risk reduction, suicide prevention, and comprehensive Soldier and family fitness resources available in the Army.

The stand down will also focus on how to improve the health and discipline of the force and reducing the stigma associated with seeking care for behavioral health issues.

The stand down was issued after Vice Chief of Staff of the Army Gen. Lloyd J. Austin III visited installations around the Army and listened to Soldier feedback and suggestions, said Walter O. Morales, chief of the Army Suicide Prevention Program.

The last Army-wide suicide prevention stand down took place in 2009. During that event, Morales said, the Army used the “chain teach” approach to push information down to Soldiers.

This time, Morales said, the stand down will be different.

“Activities and training will be less prescriptive,” he said. “Commanders now have the flexibility to assess the needs of their units and customize the training and activities.”

Morales said some commanders might opt for a “fun walk” or run to get Soldiers, civilians and their families involved. They might follow that with an afternoon town hall meeting. Others may conduct risk assessments to better inform their training requirements for the training and sustainment portion of the stand down.



Los Angeles District
Stand Down
October 3



Confidential 24-Hour
Army Employee Assistance
Hotline @ 1-800-937-7770

Visiting IWR economist departing District

By Daniel J. Calderón

LOS ANGELES — Dr. Wen-Huei Chang, a water resources economist from the Institute of Water Services, left the U.S. Army Corps of Engineers Los Angeles District Aug. 22 after working with three of the District's divisions on temporary assignment for nearly five months.

"In addition to valuable hands-on experiences he received in the District, his IWR work will facilitate [District] personnel participation in two-to-four-month career development assignments for enhancing the intellectual exchange between the field and Washington DC," said Carvel Bass, a District ecologist with the Civil Works Branch. "Those of us who have worked with Wen, both before and during his stay here, have benefitted and will continue to benefit from his expertise."

Chang came to the District April 1 from his office in Ft. Belvoir, Va. for a developmental assignment. After some debate with his supervisor at IWR – Chang was requesting two months for the assignment and his boss was trying to tell him he needed six to make the assignment worthwhile – he came to the Los Angeles District office.

"I've been working on a lot of national high-profile projects; but, I had never worked in the field," Chang said. "I always felt like there was a need to get some real-life hands-on experience that happens in the field. If you ask me why I picked LA, I wanted to go to a district that had enough of a diversified program so I could observe as much information as I could."

Chang said he was impressed by the assortment of responsibilities the members of the LA District team faced on a regular basis. In looking for which District to work with, he wanted to make sure he found an area with coastal and deep-draft navigation missions and he wanted to work with floodrisk management programs. He said those programs made up nearly 2/3 of the Corps' civil works budget.

During his time in the District, Chang worked with Asset Management, Planning and PPMD divisions. The majority of his time was spent on continuing IWR-related projects in the District. Bass said Chang also worked in operations and maintenance in Navigation and assisted with flood risk management, environmental stewardship and recreation management projects.

"He was critical to the development of [Environmental Stewardship Budget Evaluation SysTem] and [Recreation Budget Evaluation SysTem] budgeting and is an expert in these two programs," Bass said. "So having him here during the Fiscal Year 2014 budget formulation cycle was a great opportunity."

Bass said Chang was instrumental in completing the Watershed-Based Budgeting pilot study. The pilot study took into account Chang's notion that federal agencies, like IWR and the Corps of Engineers, can work better with local sponsors if information affecting local sponsors was considered when looking at a project's overall consequences



Col. Mark Toy, the Los Angeles District commander, presented Dr. Wen Chang with a command coin and a certificate which read in part, the District's appreciation for Chang's "outstanding leadership, dedication and technical expertise for the Asset Management, the Programs and Project Management, and the Planning Divisions and in the development of the FY14 Watershed-Based Budget Pilot Proposal for the Santa Ana River Watershed. Dr. Chang currently provides technical and budgeting support within the Natural Resources Management Program. His national perspective in all of these areas has been an invaluable asset to the District." (USACE photo by Richard Rivera)

and benefits. The District team sent the study forward to USACE headquarters as a package from the South Pacific Division.

"I worked with Eileen Takata and brought in a team from IWR to help the district use the tools we developed at IWR," Chang said. "We were able to group [the budgets] together to look at them from a watershed perspective among projects, business lines and watershed projects. It shows us the interdependency of our projects and the projects of the local sponsor. Using that information, we're trying to achieve what works best for our projects and provides benefit for the local sponsor."

He said he will be taking that insight back with him to headquarters. He plans to work to bridge the "disconnect" between the agencies responsible for the budgeting and the agencies who are out doing the work to benefit communities across the country. Chang said he enjoyed working on the relationship between "the field and DC" and wished he had more time to work here. Although he misses his family, he understands the value in field assignments.

– See **ECONOMIST**, Page 18 –

Corps responds to Dana Point Emergency Preparedness Expo

By Greg Fuderer

DANA POINT, Calif. — The City of Dana Point hosted its annual Emergency Preparedness Expo here Aug. 25 to educate the public about how to prepare for a disaster and to exhibit the assets provided by government agencies, public utilities and private organizations in the event one occurs. For the last several years, the Los Angeles District has been among the agencies taking advantage of that opportunity to interact with the public on an informal basis and explain where the U.S. Army Corps of Engineers fits in.

Anne Hutton, chief of the District's Emergency Management Office, and Alex Watt, a rehired annuitant licensed to drive the District's new Emergency Command and Control Vehicle, hosted visitors throughout the day, describing the ECCV's equipment and operating capabilities and explaining the Corps' FEMA-assigned responsibilities in the event of an emergency response.

Among the participating agencies were electric, power and water supply agencies that provided information about how to prepare a home for a



Alex Watt, a first responder licensed to drive the District's new Emergency Command and Control Vehicle, describes equipment in the vehicle and how the Corps responds to natural disasters during the Dana Point Emergency Preparedness Expo held Aug. 25. (USACE photo by Greg Fuderer)

natural disaster and what steps to take in the event one occurs. The expo included agencies like U.S. Customs and Border Protection, California Highway Patrol, local sheriff and police

departments and medical and first responders, most of which provided static displays of fire engines, tactical response vehicles, watercraft and helicopters, all open for public tours.

Computer Chit Chat

By Mario Zepeda

Naming Conventions

Deciding what to name your Web files and folders can be an important part of creating a cohesive Web site or Document. The Web is not as flexible as most desktop computer systems when it comes to file naming. Improperly named files can, at best, be unwieldy and difficult for users to decipher, and at worst, make it impossible for people to visit your pages.

Here are some things to **avoid** when naming files or folders for Web use:

Spaces (<http://www.wsu.edu/my file.html>)

Periods (dots) that do not immediately precede a file extension (<http://www.wsu.edu/my.folder/my.file.html>)

Any character that is not a letter, a number, a dash, or an underscore (http://www.wsu.edu/my*site's#graphics/

[great!photo.gif](#))

FYI: Do you ever notice the characters %20 in a URL? This happens when the browser or server converts a space in a URL into a code that is more universally understood by computers.

So to avoid confusion, avoid spaces in file and folder names.

Do folder and file names affect my rank in search engines?

It is wise to presume that they can. Files should generally be named for the content of that file—whether the file is an HTML, PDF, or a graphic. This goes double for folders. But don't use your file names for keyword packing. Brevity is as important as relevance. "Apples.html" is a much better file name than "Apples_apples_growing_apples_in_Washington_State.html."

Colorado Lagoon takes second step toward restoration

By Greg Fuderer



From left to right: Frank Colonna, Chair of Rivers and Mountains Conservancy; Doug Drummond, Port of Long Beach Commissioner; Frances Spivy-Weber, State Water Resources Control Board; Dave Pirazzi, President of Friends of Colorado Lagoon; Councilmember Gary DeLong, 3rd District; Mayor Foster, Congressman Dana Rohrabacher and Col. Mark Toy, U.S. Army Corps of Engineers Los Angeles District commander. (Photo courtesy of Andy Witherspoon)

LONG BEACH, Calif. — Officials from the City of Long Beach, the U.S. Army Corps of Engineers and a number of other agencies and support groups announced the completion of the second phase of the restoration of Colorado Lagoon at a news conference held Aug. 23 along the shore of the historic body of water.

The restoration of the lagoon includes three phases. The first, elimination of the flow of contaminated material and trash into the lagoon, was completed in 2010 when the city installed mechanical gates and other structures to capture and divert stormwater runoff. The third and final phase, anticipated to occur in the next five years, will construct an open water conveyance between the lagoon and the adjacent Marine Stadium Park, and the Pacific Ocean, to reestablish a more natural tidal flow.

The just-completed phase removed contaminated sediment from the lagoon and re-contoured the banks to assist with tidal flow.



The Colorado Lagoon Ecosystem Restoration team held its community celebration Aug. 25. District Outreach Coordinator Jennie Ayala spoke during the opening ceremonies and started an environmental focus booth during the event. (USACE photo by Dave Palmer)

Vandenberg breaks ground for education



Col. Jed Davis, 30th Mission Support Group commander, Col. Nina Armagno, 30th Space Wing commander, Barbara Bennie, Force Development Flight chief, and Col. Mark Toy, Los Angeles District commander turn over shovels of dirt as part of the official groundbreaking for the Vandenberg Air Force Base education center Aug. 15. The \$14.2 million building will replace a 60-year-old facility that is used by more than 3,000 Airmen and their families. (USACE photo by Jay Field)

By Jay Field

VANDENBERG AIR FORCE BASE, Calif — Officials from the U.S. Army Corps of Engineers Los Angeles District and 30th Space Wing broke ground Aug. 15 for a new education center here. The \$14.2 million building will replace a 60-year-old facility that is used by more than 3,000 Airmen and their families.

Col. Nina Armagno, 30th Space Wing commander, said the center will have room for five college programs, 25 classrooms, a training and WAPS (Weighted Airman Promotion System) testing area, two computer labs and a 75-seat auditorium to meet the

education goals of base Airmen.

“Team Vandenberg is thirsting for knowledge and this new, state-of-the-art facility is just what we need,” said Armagno. “This building will be more than bricks and mortar and glass that shall hold it together; it represents the Air Force’s commitment to providing the best services and facilities to the best Airmen the world has ever seen.”

The 38,000 square foot center is a design-build project awarded by the Corps to Teehee-Straub, a joint-venture team from Oceanside, Calif. Their 21st century design includes sustainable development and energy efficiencies, such as light pollution reduction and

water use reduction.

Col. Mark Toy, Los Angeles District commander, said the Corps is proud to be part of the team at Vandenberg. His District has managed major construction at the base for more than fifty years, completing such projects as dormitories, a satellite operations facility and the recently opened LEED Gold child development center.

“We hope we can continue to build wonderful facilities for all of you,” said Toy. “This is a perfect example of a great partnership between the Army and the Air Force. So, in the spirit of that, I will say, ‘Go Army,’ ‘Go Air Force,’ ‘Beat Navy!’”

Pinnacle station opens in Pasadena

By Dave Palmer

PASADENA, Calif — U.S. Army Corps of Engineers Los Angeles District Commander Col. Mark Toy joined Soldiers, Sailors, Airmen and Marines to celebrate the grand opening of a military career center here Aug. 22.

“It’s an example of ‘Building Strong and Taking Care of People,’ which is actually the motto we have in the Los Angeles District,” said Toy. “I chose it because I want everyone to remember that everything we do in the Corps of Engineers, everything we build for our Soldiers, has at its heart the idea that we are taking care of people.”

Since 2009, the U.S. Army Recruiting Command has used the term Pinnacle to describe these state-of-the-art facilities and their team approach to recruiting. USAREC sees this re-organization as a way to improve the quality of life for its recruiters. These larger stations consolidate the operations of several offices. This location accommodates the local company command team as well.

One of the new tenants, Air Force enlisted accession recruiter Staff Sgt. Kenneth D. Stubbs said, “the new facility is nice and I like the fact that everything is new and functional so it provides for a better work atmosphere.”

According to Corps realty specialist Dustin Ku, this center comes in at 8,500 square feet with the Army accounting for just over 4,086 square feet of floor and office space to accommodate its Pinnacle design. The Navy has 2036 sq. ft., also co-locating their area supervisor, the Marines at 1700 sq. ft. and the Air Force at 678 sq. ft.

“The District is really proud of our recruiting facilities program,” said Toy. “We administer 269 leases that are worth a total of \$31 million. In my mind, it’s money well spent.”



Los Angeles District Commander Col. Mark Toy addresses community leaders and military officials before they cut the ribbon officially opening the new career center in Pasadena, Calif., Aug. 22. (USACE photo by Dave Palmer)



Future Soldiers, Sailors, Airmen and Marines joined the ceremony for the grand opening of an 8,500 square foot military career center in Pasadena, Calif., Aug. 22. (USACE photo by Dave Palmer)

HAIL AND FAREWELL



District Commander Col. Mark Toy (left) took time before an Aug. 18 meeting to recognize these employees for attaining their Professional Engineer certification. From left to right they are: Reuben Sasaki, Anabel Ronquillo and Michael Leongson.



Acting Deputy Commander Col. Daryll Fust (above right) presents Lester Burwell the commander's coin and his Length of Service certificate for 45-years of honorable service on Aug. 20.



David Van Dorpe (left) and Col. Mark Toy present Chief, Structural Engineering Bob Conley his Certificate of Retirement. Conley's effective date of retirement is Aug. 31. (USACE photos by Rich Rivera)



Employees recognized as District award winners

LOS ANGELES — Congratulations to the following individuals. They are the Los Angeles District winners of these Corps-level competitions.

Hard Hat of the Year

- Ray Salas

Program Manager of the Year

- Betty Melendrez

Don Lawyer Regulator of the Year

- Debra Leighton

USACE Engineer of the Year

- Thad Fukushige

Off-road fans are a force multiplier for FUDS program



Heather Rogers (right) of Bristol Environmental Remediation Services conducts a short survey with race fans. The tablet based program helps capture what types of off-road activities they participate in on public lands and where they might have seen ordnance. The area is part of the former California-Arizona Maneuver Area, where Gen. George S. Patton, Jr., trained a million troops for desert warfare. (USACE photo by Dave Palmer)

By Dave Palmer

SAN BERNARDINO — San Bernardino County is home to six off-highway vehicle recreation sites regulated by the Bureau of Land Management. That fact alone made the Glen Helen Raceway prime real-estate to discuss the 3Rs of Explosives Safety at Formerly Used Defense Sites during a Lucas Oil Off Road Racing Series event Aug. 4-5.

“We’re here to talk to the public about the FUDS initiative, and certainly to spread our safety message,” said Suneeta Sahgal, Los Angeles District FUDS project manager. “But, we also gather valuable information from these

fans.”

Participants are asked to take a brief tablet-computer based survey that provides information on what types of outdoor activities they use public lands for and where they may have seen ordnance or evidence of military use.

Many of these motorsports events are held on or near FUDS sites. This location is part of the former California-Arizona Maneuver Area, where Gen. George S. Patton, Jr. used approximately 12 million acres of southeastern California, southwestern Arizona, and a small portion of southern Nevada to prepare a million troops for desert warfare.

“This is the second event I’ve worked

and I’m amazed at how many people report seeing munitions,” added Sahgal. “And I’m really pleased they take the time to notify us; they also seem to be aware about the potential for harm from WWII munitions.”

There are as many as 10,000 potential FUDS sites across the Nation and its territories. The program consists of sites used by the military prior to October 1986. According to the USACE FUDS website, the program has spent or obligated \$5.8 billion through fiscal year 2012 and expects to spend another \$8 billion (based on 2012 dollars) to complete the project.

Toastmasters achieve the President's Distinguished Club status



Essayons Club #988 Chapter President Christina Chavez (left) and Ed Louie, past chapter president, received the coveted Toastmasters International - President's Distinguished Club streamer on Aug. 23. Red Runyon, Area Governor for Toastmasters International made the presentation and will also make the chapter his club of choice, as the "Area Governor's Home Club." (USACE photo by Dave Palmer)

ECONOMIST

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"When I was discussing my assignment to the district with my director, I said I could go for two months," Chang recalled. "He said no, two months is not enough. You have to go for six months. We finally came up with four months for the assignment. A month into the assignment, I realized Bob was right. You really need to have a six-month timeframe to really get involved in a meaningful way. Based on my experience, I really encourage anyone to pursue career-development assignments and to make sure they are at least six months."

At a farewell gathering, Col. Mark Toy, the LA District commander, presented Chang with a command coin and a certificate which read in part, the District's appreciation for Chang's "outstanding leadership, dedication and technical expertise for the Asset Management, the Programs and Project Management, and the Planning Divisions and in

the development of the FY14 Watershed-Based Budget Pilot Proposal for the Santa Ana River Watershed. Dr. Chang currently provides technical and budgeting support within the Natural Resources Management Program. His national perspective in all of these areas has been an invaluable asset to the District."

Chang said he will be taking two district personnel with him back to IWR to work the same projects at the headquarters level that they currently work at the field level.

"The idea is that we can really pick their brains and gain valuable knowledge from the District by bringing them to the IWR," he explained. "We will gain the valuable field experience that is sort of lacking in DC. We would like to continue the relationship by continuing the study and sharing people back and forth. It was a wonderful experience for me and I'm sure it will be a wonderful experience for people going to IWR."

Hope you "Like" us on



Random thoughts can make some tough knots in the skein of perception

By Daniel J. Calderón

I'm not even sure what that headline means; but it sounded good in my head so I went with it. As the days go by and I find myself looking back to a youth that is farther and father in the rearview mirror, I sometimes wonder if I'm too out of date, too out of touch with things. I wonder if I'm the only one who sees some of the strange things I see when I look around.

I'm no fashion plate; but, there are some trends I've noticed that confuse me. I'm not even going to get into the whole pants halfway down the butt thing. That's just too dumb to really get into here. I'm wondering more about other stuff.

For one, I wonder why there are so many people who wear sunglasses inside buildings. I understand I live in Arizona and I understand the sun is blisteringly hot and blindingly bright during the day. But, I don't get how people walk around the mall or into any other place and keep wearing their sunglasses. The shades are not just up on their heads out of the way. They are over their eyes to provide protection from the light. I figure the only thing they can really be protecting themselves from is whatever sunlight does come in through the windows. It's even more disconcerting to see the same phenomenon at night. Since I doubt (based on the young faces) that they're Corey Hart fans, the only thing I can imagine they are trying to protect their delicate eyes from is the harsh fluorescent lighting.

I'm also a bit baffled by the skinny jeans phenomenon. If I'm not wearing skinny jeans, does that mean I have fat jeans on? When I was growing up (yeah, I know, I don't like that particular phrase either; but, there aren't a lot of options when you're having to watch your word count), the only options were boot-cut jeans and straight-leg ones. We bought them at Sears because they were less expensive there and we almost always bought the ones with reinforced knees. My brother and I were apparently murder on the knees of our jeans. As I grew into my teen years, I had pretty much the same kind of jeans; although, I had stopped with the reinforced knees. I guess I gained a lot more coordination. Or, I might have just stopped being so rough and tumble.

I do remember the tight Jordache and Calvin Klein jeans; but, those were for girls. Guys who were fashionable (that's one word, I suppose) and had some extra cash to spend on fancy pants (it did take a while, but I did finally find a place where that particular two-word phrase works), would get leather pants. Of course, that fad never really took off where I lived since no one really had the time or the money to buy things like that. Of course, trying to wear leather pants in the San Antonio summer would have been difficult at best. So, there were no skinny jeans in my neighborhood and very little in the way of leather pants in the social circles I saw on

a regular basis. We did have skinny ties, though. Those were pretty inexpensive. Of course, that has nothing to do with skinny jeans.

Moving on from the little bit of fashion I have an opinion on, let's take a short look at recreation, in general. I'm kind of a TV watcher myself. I do like to go to the movies; but, I prefer staying home. For one, it's a lot less expensive. Have you ever tried to take a family of five to the movies at anything other than a matinee showing? It's pricey, to say the least. So, we stay home and watch TV. I've stayed away from one channel, though – AMC. As far as I could find, the full

name is American Movie Classics. The word Classic is defined on Dictionary.com as, "of the first or highest quality, class, or rank." So, I would think movies shown on AMC are among the best.

However, whoever runs AMC has decided the movies need to be chopped into pieces. It's just as bad as watching them on network television. How many of you remember staying up late to watch "The Blues Brothers" on network TV and then howling with laughter because of the poorly-edited dialogue keeping the cuss words out? I do and I'm smiling right now just thinking about how funny it sounds when John Belushi's voice changes in mid-line and then comes back to his regular voice.

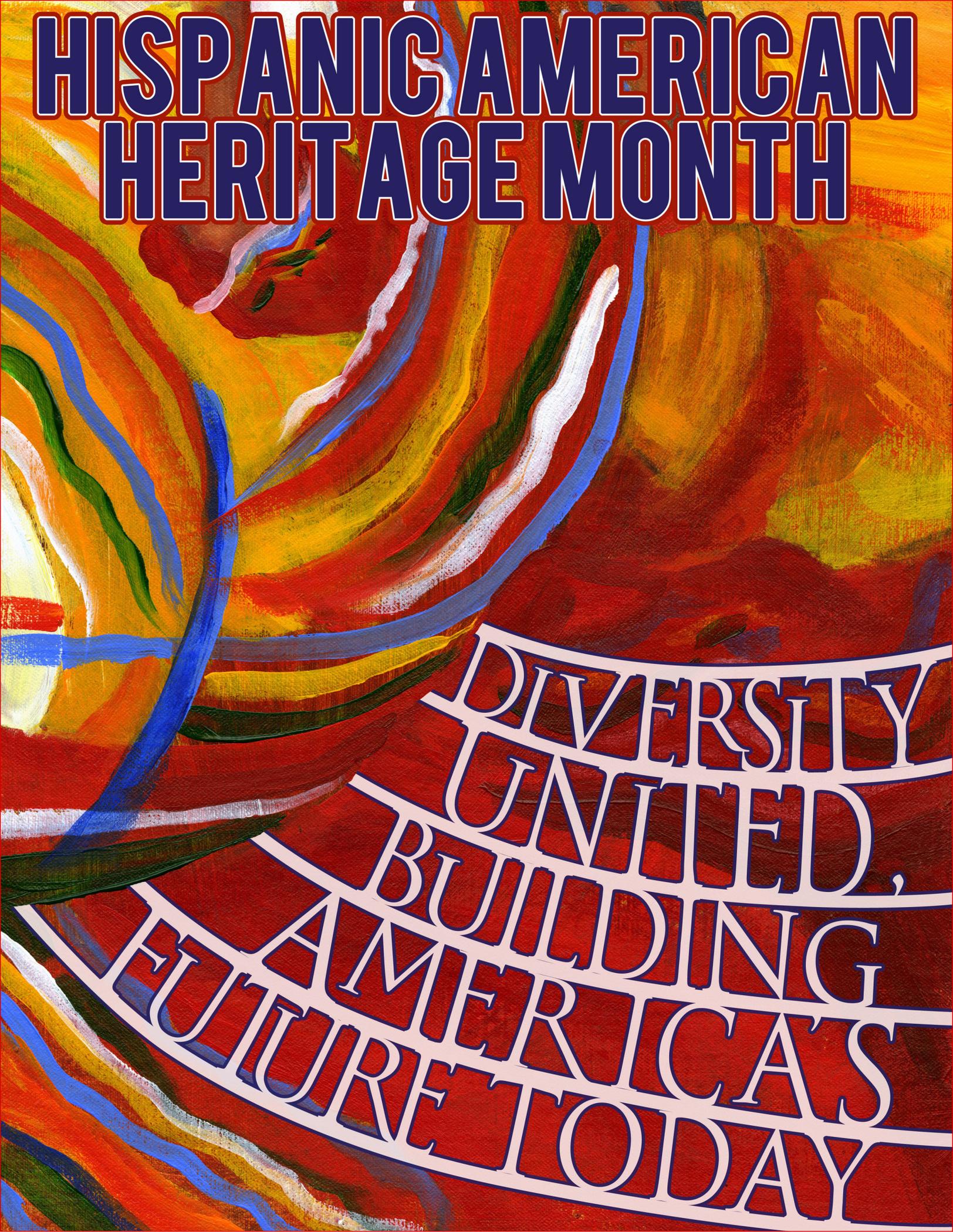
The same is true of any scenes with whatever is deemed excessive violence or any sort of nudity. I think we're culturally more accepting of the former than the latter; but, I guess the folks who run the network figure we need to be protected from both. I've heard the reasons the FCC feels we need to be protected on the network channels; but, I think it's just sad that there seems to be a need to "fix" or "edit" movies on a cable channel supposedly playing classic movies.

I don't know, maybe I'm only a short mental distance away from being that guy on my chair on my porch yelling, "Hey you! Get off my lawn!" That would be a really strange thing since we don't really have a porch and the summers here are trending to nearly 120 degrees for weeks at a time. It's why having pebbly rocks as a yard is so popular.

But there are things that perplex me. There are a lot of things I wonder about. The jeans, sunglasses and silly rules on TV are just a few of them. There are a lot of things I see when I look around. I know there is a middle ground, a compromise path through the maze of reality we all must navigate; but, I wonder, sometimes, whether I am trying to navigate that path alone. I wonder how many followers there are, how many leaders and how many people who are neither. I wonder sometimes why anyone needs to be just one thing or another. I wonder how many people decide not to decide and let their world be built around them with no input on their part. I wonder how surprised they are going to be when they realize they are bit players in their own movies. Just a thought...



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