



Colloton assumes command

Greg Fuderer

LOS ANGELES—Col. Kimberly Colloton assumed responsibilities as the 60th Commander and District Engineer of the U.S. Army Corps of Engineers Los Angeles District during a formal change of command ceremony held July 11 at the Eagle's Nest Club House in Cypress, Calif.

Col. Andrew Turner, commander of the Corps' South Pacific Division, placed the Corps of Engineers flag into Colloton's hands at the ceremony. In military tradition, passing the flag represents the transfer of command.

"Army changes of command remind us that for every leader, there is a season," Turner said, "and that every leadership transition reminds us to balance things like continuity, change and renewals. Our chief of engineers charges us on a daily basis to build on enduring and lasting relationships."

Outgoing commander and district engineer, Col. Mark Toy, participated in the ceremony and was recognized for his many achievements during his three-year tour of duty in Los Angeles.

Established in 1898, the Los Angeles District provides civil works and military engineering support to a 226,000 square mile area of Southern California, Nevada, Arizona, and Utah. The District has a current annual budget of about \$352 million for civil works projects, military construction, and interagency and international support.

In her remarks, Colloton spoke about the priorities on which she will focus as commander.

"I believe it is imperative for us to deliver on our commitments and produce value-added projects and studies for our partners on behalf of the nation which has entrusted us with this responsibility," she said. "We will complete the work we set out to do and we



Col. Kimberly Colloton, left, accepts the district guidon from Col. David Turner, the commander of the South Pacific Division, during the change of command ceremony July 11. The passing of the colors symbolizes the transfer of command from the outgoing commander to the new commander. (Photo by Kristen Skopect)

will always take care of people by maintaining a trained and ready force and an environment that fosters respect, discipline and fiscal stewardship."

Projects include reducing the risk of flood damage along the Santa Ana River Mainstem, such as the modification of Prado Dam in Corona, and other waterways; environmental restoration projects such as the revitalization of the Los Angeles River; shoreline restoration and protection projects from Morro Bay to the border with Mexico; and maintenance of navigation channels at more than a dozen commercial and recreational harbors along the California

coast, among them the massive ports of Los Angeles and Long Beach, which together represent 40 percent of all U.S. trade by volume.

Military construction projects at 11 installations in California, Arizona and Nevada include family housing, barracks and operations facilities. The District also provides engineering design and construction support to agencies such as U.S. Customs and Border Protection and the International Boundary and Water Commission, among others.

Prior to assuming command of the

District building ‘largest’ freefall simulator

Daniel J. Calderón

YUMA, Ariz. – The U.S. Army Corps of Engineers Los Angeles District is building what is being described as the “largest freefall simulator facility in the world” at Yuma Proving Grounds.

During the week of July 22, the District erected 1.6 million pounds of concrete in the form of 16 tilt wall panels for the Special Operations Forces Freefall Simulator Facility. The contractor poured the tilt walls horizontally to the proper scale then lifted each section over the course of several days. It was like a barn raising on a more massive scale.

“I’m very excited about this project,” said Leo Pilkington, President of Pilkington Commercial Co., Inc. Pilkington is the contractor on the project. “We have a tremendous facility being built by a great group of people here in Yuma.”

Pilkington said the construction crews are all from the Yuma area. The full project includes a Vertical Wind Tunnel (VWT) and associated facilities including an administrative office, flight chamber with control room, and staging and training areas (open instruction), observation area, training equipment storage utility. In addition, the Corps will provide a small parking area for 16 Personally Owned Vehicles, parking for two buses used to transport trainees, and other site improvements and utilities for operation of the new facility.

Army Maj. Gregory Povenski, the commander for the U.S. Army Military Free Fall School B Company 2nd Battalion 1st Special Warfare Training Group (Airborne), said the facility will be a great asset to his command’s mission.

“The freefall simulator will allow us to be self contained here at YPG to teach all of our courses,” Povenski said. “As of right now, due to the lack of a simulator here, we must split our courses over various locations that have these facilities available. Having it here will save time and money due to the removal of our travel requirements to get to and stay at off site locations.”



Workers erect the second of 16 tilt panels for the Special Operations Forces Freefall Simulator Facility at Yuma Proving Grounds July 22. Over the course of one week, the U.S. Army Corps of Engineers Los Angeles District and Pilkington Commercial Co., Inc, the District’s contractor for the project, put up more than 1.6 million pounds of concrete for what is being described as the “largest freefall simulator facility in the world.” (Photo by Daniel J. Calderón)

According to Ernesto Elias, the District’s project engineer, the facility should be ready to turn over to YPG in January 2014. He said one of the main challenges was the raising of the concrete panels. In order to accomplish that task, the Corps and contractor brought in a 300-ton crane to move each of the concrete panels into place.

“With these panels up, they’ll form the structure of the vertical wind tunnel,” Elias said. “Once they’re up, we’ll start to put in the rest of the internal structure like water, power, sewage and everything else.”

The facility will house wind turbines capable of generating up to 2,000 HP. This translates into wind speeds of up to 170 mph when the facility is running on full. The “fly chamber” for the simulator facility will rise 48 feet above the ground and will allow up to eight

fully-loaded Soldiers, Sailors, Marines or Airmen to practice their skydiving techniques.

“The biggest thing it means for our mission is to be able to train all of our students here,” Povenski said; “and we can also utilize the simulator to maintain instructor currency when aircraft are not available. The ability to conduct that training here is invaluable to us here at the school and makes us truly the best military free fall facility in the world.”

Povenski said more than 1,500 students will use the facility every year once it is up and running. Elias and Pilkington expect the facility to be ready to turn over to YPG by January, 2014. Once it’s up and running, Elias said the District is ready to build any facilities needed to support the freefall simulator and its training mission.

COMMANDER'S MESSAGE

District teammates:

Words cannot begin to describe how thankful I am to have this opportunity to command the Los Angeles District. You may have heard me say during my speech at the change of command ceremony, but I truly am overjoyed that the Army would send me back—not only to the western United States—but specifically to this outstanding district. Yes, my family and I will undoubtedly enjoy the amazing weather, scenery, and activities California, Arizona and Nevada have to offer, but I am much more excited about being part of this great organization (again) and working with each of you along with our local partners and stakeholders to continue delivering projects that create value and benefits for the region and the Nation.

It was a pleasure to meet several district employees and numerous partners at the change of command ceremony. My family and I are thankful for the warm reception and the great efforts put forth to make the ceremony a memorable event.

I want to take this opportunity to give you some insight to my priorities for the organization: To ensure that we—as the Los Angeles District—deliver on our commitments to produce valuable projects and studies for our partners on behalf of the Nation that has entrusted us with this responsibility. We will complete the work we set out to do, and we will always take care of people by maintaining a trained and ready force and an environment that fosters respect, discipline, and fiscal stewardship. You may remember these words from my change of command speech, but I think it's important to

repeat them here.

As the Nation's premier public engineering organization, we can never take lightly our duties—to quote USACE's mission statement—to “deliver vital public and military engineering services; partnering in peace and war to strengthen our Nation's security, energize the economy and reduce risk from disasters.” We must always keep in the forefront of our minds the fact that the work we complete for our partners is all executed on behalf of the people of this Nation. Whether the effort you're undertaking is a simple dredging project or a multi-million dollar study or military facility, we must always think of the project's benefit to the end user and live up to the Corps' reputation of excellence.

This is an extremely challenging time that we are operating in. Climate change, fiscal uncertainty, and the increased costs of doing business have resulted in having to do things differently. I've known for some time that the Los Angeles District is one made up of extraordinarily talented and dedicated people, and with you I look forward to tackling the myriad of projects and challenges we have before us. People and teamwork are the foundation of our organization. It is imperative that we treat each other with dignity and respect and look for ways to help all of our team members achieve success. Together - let's continue to 'Build Strong' and be ready when the Nation calls.

Essays!

COL C.



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NewsCastle Editorial Staff

What inspires you?

What inspires me most is people. My son inspires me. Watching him try to do something he has never done before, like climb up on a table, which is what he is doing right now because he is two. But, wounded warriors for example, are people who are so dedicated to their service that even after they are wounded they want to come back and keep giving. And, they want to be part of the unit, team, or organization. They inspire me. People who come to work and give 100 percent, because they know they are doing something that is going to make a difference and change something. Volunteers...people who volunteer their free time, which we don't have much of, since everyone is busy dealing with work and problems and whatnot, those people who get energy from volunteering and giving hours to a cause. Those volunteering spirited people inspire me. People who are passionate about what they do inspire me and make me think about the fact that there are people out there who are doing much harder things than I might

Colonel Kim Colloton

Commander
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be tackling that day, and their efforts help me get the little extra energy I need to go tackle whatever I'm doing. They make me want to go to work and make sure I'm giving 100 percent. Those people around me make me want to do well and honor the blessings I've been given.

Where did you grow up and what is special about it to you?

I grew up in Upstate New York and went to college there for my undergrad. My first time outside of the northeast was my first assignment to Fort Hood, Texas as a newly commissioned Second Lieutenant. My growing up in New York made me gain an appreciation for the Adirondacks, the mountains, the lakes, the rivers, the scenery, and the beauty. Then, my first time across the Mississippi River was the assignment in Texas, and I noticed very different terrain, a very different environment, and not a lot of water, like we have in Upstate New York. A lot of my assignments have been in Texas, New Mexico, and California, which have beautiful scenery, cultures and flavor, but not a lot of water. Really, I love Upstate New York and what it has to offer, but I also enjoy

being able to compare that to other places in the country and appreciating what each has to offer. There are so many favorite places I have across the country that I couldn't pick just one.

How did you decide to become an engineer?

Actually, my undergraduate schooling was architecture. Then, I went to graduate school for civil engineering and construction management. So, when I was interviewing for college for undergrad I remember the Dean at Syracuse University asked me, "Do you want to know a little bit about a lot of different things, or do you want to know a lot about a little thing?" So, knowing a little bit about a lot of different things is more like an architect...maybe landscapes, styles, structures. For engineers, you are going to know a lot about a specific skill, like civil, mechanical, and electrical. So, I didn't really choose; I got the best of both worlds because I did architecture for undergraduate for five years and expressed creativity and quenched my desire to know a little bit about a lot of different things. Then, I went to grad school for civil engineering and construction management and got to know the details and solidify the engineering and building side. I understand that architects can design something that can be pretty, but it also has to be able to be constructed if you want to see it realized.

How did you meet your husband?

I met my husband in graduate school at Stanford University in Northern California. The Army gave me the opportunity to go to graduate school for 18 months and then, following, get an assignment in a Corps of Engineers District. My husband was a student, and I was his teaching assistant for one of his classes. My assignment ended up being to here in the Los Angeles District, and he was hired by a company that was working on a project here in Los Angeles, and he became the project engineer. So, just by being in Los An-

geles together, after a year, we ended up dating and proceeded to get married a few years later.

What did your family think about you joining the Army?

My family was very supportive. Even I didn't realize that I would stay this long, but it has turned out to be a career for both me and my younger brother. I have been in for a little over 20 years, and he is coming up on 20 years soon. Initially, I was looking for opportunities to help pay for college, and my family was very supportive. I had uncles who were in the New York National Guard, and my dad was in the Navy in Vietnam. My mom was a nurse in the reserves, so I had family members in various capacities in the military. It has grown on me over time. I've had a great experience. I've met great people along the way who have mentored me. The Army has given me awesome opportunities. They have sent me to go do great missions and to go to great places to serve, so I've decided to continue to serve as long as they will have me.

Where is your favorite place to visit?

One of my favorite places to visit is here in Los Angeles at the Getty Center. I remember when it was getting constructed. I was in graduate school in Northern California, and I was looking at it as a case study, because they were going to have to reroute traffic on the 405, and all of the work that went into construction on the site, and the design, it's just amazing. The first time I went there was in 2000 on New Year's Day. We called to schedule a reservation to go, because they were not sure if they were going to be open, or not, because everyone was worried about Y2K and what was going to happen when we changed to the year 2000. We hedged our bets and said we were going anyway. Lo and behold, not much happened on that day. It was my first visit and pretty newly opened. I've gone there a number

— see Q&A, Page 14 —



Phyllis Trabold, District outdoor recreation planner, arranged for the delivery of 700 “Bobber” water safety give-away items to the Bass Pro Shops store in Rancho Cucamonga for the purpose of emphasizing water and boating safety during Bass Pro Shops “Family Summer Camp” campaign from June 8 to July 14. (Photo by USACE)

Corps, Bass Pro Shops unite to promote water safety

Kristen Skopect

LOS ANGELES — The U.S. Army Corps of Engineers Los Angeles District teamed up with Bass Pro Shops in Southern California to hand out materials emphasizing water and boating safety during the outdoor recreation retailer’s “Family Summer Camp” campaign that ran from June 8 to July 14.

The effort stemmed from the Corps and Bass Pro Shops signing a partnership agreement in late 2012 to develop projects nationally to improve fish habitat and water and boater safety education.

Phyllis Trabold, District outdoor recreation planner, arranged for the delivery of 700 “Bobber” water safety give-away items to the store in Rancho Cucamonga. Bobber, the Corps’ water safety mascot, is a large brown dog who is always seen wearing a bright orange life vest.

“I wanted to make sure the items were in the store before the July fourth holiday, so they had the potential of reaching more people, especially boaters headed to the Colorado River,” Trabold said. “Although many of the District’s basins are dry, we are still concerned about water safety at our basins that offer boating.”

Trabold added that the project was an excellent opportunity for interacting with and educating people in San Bernardino County who may know little or nothing about the Corps’ missions in Southern California, as well as providing a positive reinforcement for children about water safety and

wearing life jackets.

The partnership agreement’s priority projects for 2013 include: develop and provide water safety and recreation activities, educational items, and messages for use in all 56 Bass Pro shops stores during their Summer Fun Camps, Great Outdoor Days, and other in-store programs for 2013; include water safety messages in the DVDs that go to every new boat owner in all the Bass Pro Shops boat lines; work together to support the National Fish Habitat; and, work together on events such as the CAST for Kids Fishing and Take a Warrior Fishing, with Bass Pro providing sponsorship.

The agreement, called a Memorandum of Understanding, was signed by John Morris, owner and founder of Bass Pro Shops; Maj. Gen. John W. Peabody, commander, Mississippi Valley Division, U.S. Army Corps of Engineers; Brig. Gen. Thomas W. Kula, commander, Southwestern Division, U.S. Army Corps of Engineers; and Col. Anthony C. Funkhouser, commander, Northwestern Division, U.S. Army Corps of Engineers.

“Corps parks and lakes serve more than 370 million visitors every year. With Bass Pro Shops serving more than 75 million customers a year, many of whom recreate on Corps lakes, this partnership provides a great opportunity for a line of communication to the public,” Kula said. “These statistics not only show the great recreation value that the Army Corps of Engineers brings to the nation, but also the challenges that we face as one of the nation’s largest providers of recreation.”

Commander visits prospective beach project

Greg Fuderer

CARLSBAD, Calif. – Col. Kim Colloton, who assumes command of the U.S. Army Corps of Engineers Los Angeles District tomorrow, visited Encinitas and Solana Beach on Tuesday in preparation for a July 30 study presentation to the Corps' Civil Works Review Board in Washington, D.C.

"For her to be able to come here and become familiar with our beaches, to see firsthand what the issues are, what our concerns are and what the project really means to us, that means a lot," said Mike Nichols, the mayor of Solana Beach.

What it means is that Colloton has established face-to-face contact with two Southern California towns whose shoreline integrity and long-term viability may depend significantly on the outcome of the board's decision on whether to approve the study and forward it for state and agency reviews.

In the last 15 to 20 years, the Solana Beach-Encinitas shoreline has experience accelerated erosion of the beaches and coastal bluffs. As a result, when bluffs collapse because of direct wave attack, damages occur to bluff top structures, private structures and public infrastructure. The loss of beach has also severely degrades recreational opportunities, and the loss of beach combines with the undercutting bluff erosion to create dangerous overhangs, a serious public hazard.

Colloton will present the shoreline restoration study to the Review Board, a critical step in determining whether it advances to project status.

"The visit did just what it was supposed to do," said Josephine Axt, chief of the district's Planning Division. "It got Col. Colloton talking at length with the sponsors and the city managers from both cities, and she got to go out and, as they say, 'touch the resource.' We went to three access points, and she got to see the different ways bluff failures have been handled from 50 years ago when you didn't have any regulations and you just had a cement wall, to what the Coastal Commission has recently permitted."



Encinitas Mayor Mike Nichols, Solana Beach Deputy Mayor Lisa Shaffer, Col. Kim Colloton and Encinitas General Manager David Ott (l to r) tour bluffs along the two coastal towns in preparation for an upcoming Civil Works Review Board presentation. (Photo by Greg Fuderer)

"Letting her know what the local conditions are is very important," said David Ott, the city manager for Solana Beach. "She's going to be making the majority of the presentation at the board, so it's a significant improvement over having to go by just a PowerPoint presentation without having the locals' ideas of what that the issues really are."

"It's absolutely key that we have the relationships," Colloton said about meeting the cities' officials. "The teams are not just individual biologists and project managers, but the leaders of towns, like the mayors, because they're the ones who are key. They represent those cities. They're the ones taking calls on a daily basis from their citizens, directing the public safety teams to respond when there are those episodic failures where the bluffs collapse."

"This is my first term on the city council, so for me, it's great to get to talk to the colonel and the staff," said Lisa Shaffer, deputy mayor of Encinitas. "I've received a lot of input from the

community, and I feel reassured by the discussions we had on the flexibility and adaptive management approach that the Corps will be working with us on this project, so it makes feel much more comfortable with the relationship and prepared for the trip to DC."

"(Elected officials) are key members of our team," Colloton said. "They are our reach-out to the residents of their cities. They are the ones defending us, supporting us, helping to make the project what they know and what the residents want and know, to become part of their community."

"This project isn't just very important to Encinitas and Solana Beach, it's important to the state of California," Ott said. "The state's very interested in this project, and the reason why is this is the poster child for sand replenishment projects on the West Coast."

"It's important," Colloton said, "they see the results of a project to protect their shoreline and their coast, which is really their cities."



Construction kicked off on the F-35 training facility on Luke Air Force Base in Arizona. The facility will accommodate training on the F-35 Lightning II fighter jet, which will replace the Air Force's aging fleet of aircraft by 2014. (Video still by Tech. Sgt. Fernando X. Burgos-Ortiz)

District leads construction efforts for F-35 training facility at Luke AFB

Senior Airman Kate Vaughn

LUKE AIR FORCE BASE, Ariz. -- Once just plans on paper, the F-35 training facilities at Luke Air Force Base are quickly becoming a reality.

The Air Force announced just less than a year ago that Luke would be the training site for the new F-35 Lightning II, a fifth generation fighter jet that will eventually phase out the service's F-16s and A-10s. The first F-35 is expected to arrive at Luke in early 2014.

The recent announcement that Luke will receive another 72 F-35's, bringing the eventual total to 144 aircraft, means Luke will need to accommodate six new F-35 fighter squadrons.

Construction to make way for the aircraft is now well under way, with a completion date of June 2014 projected for the first two fighter squadrons.

The construction also includes a \$54 million academic training center that will be used to train both pilots and maintainers.

"Out of the 17 construction projects, the ATC is by far the largest," said Lt. Col. Scott Fredrick, 56th Fighter Wing F-35 division chief. "When completed, it will also house administrative, engineering and operations personnel."

The ATC, which will hold 12 F-35 simulators, will be

more than 145,000 square feet in size and is expected to be ready for training by August 2014. It will be a brand new addition to Luke, but not all construction will start from the ground up.

"As some of the F-16 squadrons begin to make their way to Holloman Air Force Base we will be able to begin modifying those existing buildings to accommodate additional F-35 squadrons," Fredrick said.

The U.S. Army Corps of Engineers plays a vital role in executing part of the construction at Luke, said Daniel Calderon, U.S. Army Corps of Engineers public affairs specialist.

"We're very proud to be a part of this construction project," he said. "We're the very best there is when it comes to construction and we're here to help in any way we can and will be a part of the process for the foreseeable future."

Some Airmen at Luke will also play a vital role in the construction process, said Senior Master Sgt. Donald Stroud, 56th Maintenance Group F-35 lead.

"The 56th Civil Engineer Squadron is responsible for reviewing and approving all construction plans before any ground is actually broken," Stroud said. "The 56th Communications Squadron will also be responsible for setting up all secured networks after construction is completed."

Between fiscal years 2011 and 2014, the projected total construction cost to accommodate the F-35 is \$186.15 million.

August is Antiterrorism Awareness Month

Alex Dixon

WASHINGTON

-- In 2007, six men were arrested for their plot to infiltrate the installation and attack Soldiers at Fort Dix, N.J.

Maj. Gen. David Quantock, provost marshal general of the Army, said because of the vigilance and awareness arising from the attacks Sept. 11, 2001, that plot was foiled.

The Army's Anti-Terrorism Awareness Month begins Aug. 1, but Quantock said civilians and Soldiers must remain in a constant state of vigilance year-round.

"Terrorists, at the end of the day, are looking for soft targets," Quantock said. "If we create vigilance and have people who take part in this and report it, we're going to take soft targets and make them all hard targets."

Quantock said programs like iWatch Army and eGuardian are ways that terrorism awareness can be raised.

iWatch Army operates like a neighborhood watch, Quantock said. Soldiers report any suspicious activity or behavior to local law enforcement or military police for investigation.

Quantock said eGuardian is a reporting system designed to collect information about terrorist threats and suspicious activity. The system allows that information to be shared across the DOD, the FBI, and other agencies.

The main focus of anti-terrorism is on external threats, Quantock said. But he cited the Boston Marathon as an

Antiterrorism Awareness Army Strong

- Learn the indicators of terrorist activity
- If you see something suspicious, report it to the Military Police or local law enforcement

See Something — Say Something

Help protect our Army community

Always Ready, Always Alert
Because someone is depending on you

example of a type of terrorism that is emerging that concerns him the most: hybrid threats.

"[The Boston Marathon attack] was folks who were born somewhere else, external threats, that were taught terrorism techniques outside the United States," Quantock said. "But they basically became part of daily dialogue; they became part of our communities."

Quantock said there are important lessons to be learned from the Boston Marathon attack, and that with a good anti-terrorism awareness program, all types of threats are covered equally well with vigilance.

"The hardest part about anti-terror-

ism is what you may have prevented and not even known about it," Quantock said. "We have come a long way since 9/11 and the interaction between the FBI, between local, state and federal law enforcement entities is unprecedented. We continue to make great strides in that effort."

Quantock compared law enforcement to the sharp end of a spear, saying that it's up to Soldiers and civilians to report to law enforcement anything out-of-the-norm so they can take action from there.

"They've got to have all those eyes out there, seeing something and saying something," Quantock said. "A lot of people see something, but the courageous step is to do something once you see it."

Some examples of suspicious activity include illegally parked cars and people wearing heavy clothing in warm temperatures,

Quantock said. He said the goal is not to create a paranoid society, but one that pays attention to something that looks out of place.

"All you have to do is look around the world and realize we're in a different time, where there is a threat out there that could come from multiple directions," Quantock said. "We've got to have all those 300 million American citizens around here, eyes and ears, paying attention to what's going on."

When Soldiers and civilians see something wrong or out of the ordinary, he said, the next step is to convey that to those who can investigate further.

August is the time for observances, apparently

Steve McCombs

Every once in awhile I have to take off my safety hat and just goof around a bit. Not by doing something unsafe mind you, but just letting my brain horse around with the keyboard. And since it's my birthday this month I figured I would treat myself to some frivolity.

My good friend and colleague, Mike Cogan, suggested to me recently that I should have a website called "Steve's Peeves" – I apparently voice a number of them on a frequent basis. Seemingly trivial things like the word, "texted" and people who use the word "like" at least twice in every sentence rate high on my peeve list. You might also find me growling at the television when, after the commercials have ended and the show starts back up, the network throws those damnable pop-ups at the bottom of the screen for the next 30 seconds. Come on already? You only ran 4-5 minutes of the show I was watching, then 9 minutes of regular commercials. Now you have to continue to interrupt MORE of the entertainment? Arrggghh!! Thank heavens for the DVR ... at least I can fast forward. And I really hate it when I am checking out at the store and someone walks up and interrupts the checker in the middle of my transaction. "Excuse me? Is my doing business at this establishment interrupting your inability to wait your turn?"

But back to silly; I have a question for the audience. Why do we have so many months named for this, that and the other thing? Here are just a few from only one website. Someone took the time and effort to name August as follows:

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month

I suppose that during this month I shall have to take a family picnic near an



Enough with all the August observances, already! (File photo)

EPA-approved and very romantic lake that has catfish after my eye exam and a round of golf while eating a peach? And I'll be "happy" about it too? Oh, joy. Not really – the same website said the day of my birth is named "Senior Citizens Day." Although I am a very proud grandfather, I keep tossing those AARP cards I get in the mail into the recycle

bin. As Waylon Jennings sings, "well I may be used, but baby I ain't used up!" I haven't even begun a bucket list yet! Guess I will just have to start one. How about beginning with, "getting annoyed less often?" Good call, Mr. Cogan!

As always, drive safe, drive sober and buckle up!!

Safety Steve

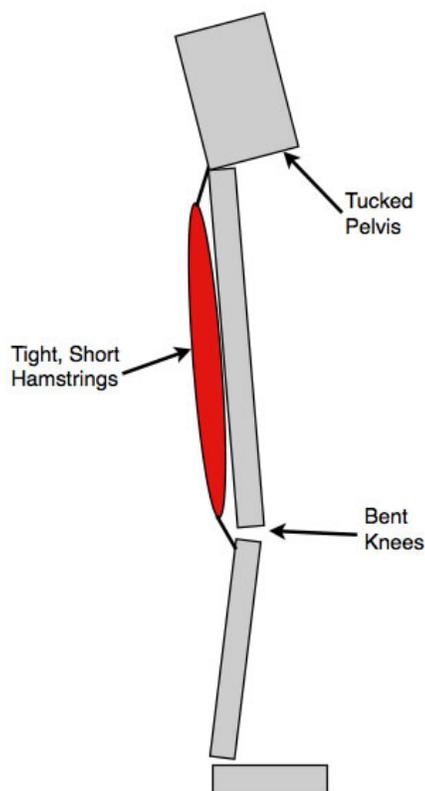
A pain-free back key to maintaining fitness

Cecilia Ordonez

Back pain can strike anyone at any time. The lower back is one of the most complicated because it serves as a hub for nerves traveling from the upper body to the legs. There are multiple reasons one can have back pain, however, one main culprit is a tight hamstring.

A short or stiff hamstring can occur from something as easy as prolonged sitting, which most of us do all day. We sit in front of our desk for 8-10 hours, we commute for another 1-3 hours, and go home and sit while we eat and/or watch television. Most cases of back pain are connected to poor posture and/or poor flexibility, in other words, most cases are preventable.

The hamstring is a group of three separate muscles located at the back of your thigh. The origin of these muscles is in your pelvis, specifically at the location of the bones you feel when you



Tight hamstrings can have negative long-term effects on posture and can cause pain, possibly derailing fitness efforts. (File photo)

sit on a hard surface (i.e. ischial tuberosity). Its function is to flex the knee joint and extend the hip. When these muscles are tight, they pull on the tendon which in turn pulls the pelvis from its normal position into a tilted one. This misaligned pelvis in turn strains the muscle, ligaments, and tendons in the lower back (see picture).

A few simple daily stretches can lengthen and loosen the hamstring to create a more fluid movement and take the stress off the lower back. Pick any of the following stretches that is comfortable for you to practice. It should be done without bouncing and instead you should focus on holding a comfortable stretch for least 30-60 seconds for 2-3x/day. Please note, the following procedures are not to be done if your low back is in an acute pain or inflammatory stage.

Seated Hamstring Stretch

Sit on the edge of a chair. Position heels on the floor with your knees straight. Keeping your back straight, slowly reach your torso towards your legs and hold. Breathe.

Forward Bend

Either standing with your legs together or sitting on a flat surface with your knees straight, slowly bend at the hips as you slowly reach your torso towards your legs and hold. Breathe.

Rope or towel Stretch

Lie on a flat surface with both legs fully extended. Place one foot in the center of a rope or towel. Keeping your leg straight, use your arms to bring your leg towards your torso to the point you feel the muscle stretching and hold. Breathe.

The Americans with Disabilities Act defines ‘disability’

Valerie Malzer

Given the diversity and prevalence of disability, it is critical that employers understand what disability is – both practically and legally – in order to ensure an inclusive workplace for all their workers.

For many, the word “disability” conjures images of individuals using wheelchairs or who are blind or deaf, but disability and the protections offered to individuals with disabilities go far beyond these common examples to encompass a wide range of impairments. Disability is not only diverse, it is part of the human experience and it affects all individuals at some point in their life, either directly or through a family member or close friend.

A functional definition of disability focuses on three areas:

1. Impairments: problems with body function or alterations in body structure (e.g., paralysis, blindness).
2. Activity limitations: difficulties executing activities (e.g., walking, eating).
3. Participation restrictions: problems with involvement in an area of life (e.g., lack of access to accessible transportation systems). [2]

In addition, the environment can act as a facilitator or barrier for individuals with disabilities. For example, for a person who uses a wheelchair, disability may be more salient in a multistory building without an elevator than in a building that is fully accessible.

Disabilities can be visible or invisible, temporary or long term, chronic or episodic.

While the description above provides a broad conceptualization of disability, the Americans with Disabilities Act (ADA) and Amendments Act (ADAAA) provide a more specific legal definition of disability that is critical to many entities in the U.S., including employers.

The ADAAA defines disability as:

- (A) a physical or mental impairment that substantially limits one or more major life activities;
- (B) a record of such an impairment; or
- (C) being regarded as having such an impairment[3]

Key to this definition are the terms “physical or mental impairment” and “major life activities”. The ADAAA defines these as:

Any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more body systems (e.g., neurological, musculoskeletal, special sense organs, respiratory, cardiovascular, reproductive, digestive, genitourinary, immune, circulatory, hemic, lymphatic, skin and endocrine); OR any mental or psychological disorder (e.g., intellectual disability, organic brain syndrome, emotional or mental illness, and specific learning disabilities.)

Major life activities

Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking,

communicating, and working.

A major life activity also includes the operation of a major bodily function, including but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.[4]

The ADAAA also provides examples of conditions likely to qualify as “substantially limiting” of a major life activity; this non-exhaustive list includes mental and physical, as well as visible and nonvisible conditions:

- deafness
- blindness
- intellectual disability
- partially or completely missing limbs
- autism
- cancer
- cerebral palsy
- diabetes
- epilepsy
- HIV infection
- multiple sclerosis
- muscular dystrophy
- major depressive disorder
- bipolar disorder
- post-traumatic stress disorder
- obsessive-compulsive disorder
- schizophrenia
- mobility impairments requiring use of a wheelchair[5]

The ADA is often referred to as a “thinking person’s law”. Like all other civil rights legislation, the ADA requires the application of independent judgment that can be highly specific to individual circumstances. It is for this reason in particular that employers often seek guidance from EARN, the Job Accommodation Network and Regional ADA Centers in making ADA-related determinations in employment situations.

For example, although the ADA cites the reproductive system as a physiological function that could be covered under the ADA if a disorder or other condition is present, pregnancy itself is not a disability. However, an employee who requires leave away from work on a regular basis to receive treatments for infertility might be considered disabled under the law, and entitled to request accommodation.

There are endless variations in individual circumstances which could require the application of sound judgment based on a solid understanding of Title I of the ADA as well as other regulations that may have implications or interactions, such as the Family and Medical Leave Act (FMLA). Some of the more common complex circumstances involve medical conditions that also rise to the level of disability, where intermittent or extended leave may be required as a reasonable accommodation. Disabilities are as diverse as the individuals who have them. As you think about disability, I encourage you to move beyond the shorthand of wheelchairs, to think broadly about what constitutes disability both legally and functionally and to translate that understanding to your workplace.

'Valuable' is in the eye (and sometimes stomach) of the beholder

Daniel J. Calderón

In case you haven't heard the news, Twinkies are back on the shelves. Those little golden bundles of goodness are now available to delight a new generation. From what I've read, they are not immortal (from a shelf life perspective) and neither were their predecessors and they are supposed to be a little smaller than the "old school" ones.



I, for one, am excited about this development. Granted, Twinkies are not the ultimate in comfort food. Nor are they the greatest snack cake ever invented. I think there can be debates for days on which available (and no longer available) mass-produced pastry might take that prize. For me, some barbacoa tacos (corn tortillas, of course) with homemade salsa and a big glass of milk and Big Red (it's actually really good – don't judge until you've tried it) and some Mexican sweet bread (pan dulce is what we call it; but, I wanted to make this piece as accessible as possible with my limited language skills) is the best "comfort meal" I know of. But, I digress.

I read the news of the return of the Twinkie with much delight because I think they represent something intrinsically fun. They are, for some odd reason, an iconic snack. It's a rare American that doesn't know what a Twinkie is when you mention the name. They've been featured in popular culture for decades. One of my favorite references is in the movie "Ghostbusters." If you don't know the scene, check it out here <http://www.youtube.com/watch?v=-pzaQjSiJstY> (and don't ever say that I don't try to help you out) for a laugh. I know there are more references; but, that is one of my own favorites. Feel free to share yours with your friends.

On the flip side of the coin (pastry? cake? snack? Hmmm. I'll just have to leave it at coin), though, the Phoenix-

like resurgence of the smaller Twinkie does represent a serious detriment to the small collection of Twinkies I have in my garage.

They were at first a hedge against the impending zombie apocalypse. Since we had all heard about their longevity since we were kids, I felt Twinkies would allow me and my family to live comfortably for years on their golden goodness. However, it wasn't until recently that I even bothered to learn that their durability was greatly exaggerated. I'm hoping the same is true for the cockroach; but, that's a completely different story since I don't want them to live forever. When I learned of their impending demise, I viewed them as something more – an investment in nostalgia.

I envisioned a time in the not-too-distant future when those people who looked back wistfully at the lost relics of their childhood – like cassette tapes, televisions with a knob to dial in the limited available channels, rabbit ears to go on those televisions and Twinkies – would come along and buy my "vintage" snacks. I'd be able to sell them for at least \$20 each and fund one of my children's (or maybe a grandchild, depending on how long it took for nostalgia to set in) college tuition – of course, that's assuming universities decide to stop being financial elitists and overcharging for a mediocre commodity.

Wait. Based on my particular topic, is that irony? Probably so; but, read it over and let it percolate in your cerebral cortex (I don't know, I'm just using it because it sounds fancy) for a few minutes.

Basically, I was thinking there would be a longing in the very near future (since a year seems like forever to some people) for the original Twinkies and I'd have a corner of the market in my little neck of the woods. Kind of like edible comic books. I think Twinkies do fill some need for nostalgic com-

fort. They allow us to hearken back to another time. Billy Joel once sang, "You know the good old days weren't always good and tomorrow ain't as bad as it seems."

I can look back to when I was a kid in the 70s and 80s. Those were my "good old days." I do look back with much fondness to those times. Twinkies were readily available back then. I remember playing stickball on one of the streets of my old neighborhood. I remember the little corner store (not a gas station or anything like that. It was just a little store selling basic necessities – like candy – to neighborhood folks) I used to visit whenever I got the chance. I remember listening to my uncles, aunts, grandparents and assorted relatives listening to a variety of music and each was convinced their music was better than the other's. I remember the little hole-in-the-wall restaurants that we used to visit whenever we could.

Media is another thing that seems to get better with nostalgia. I think the 24-hour availability of "news" is both ridiculous and excessive. Granted, it's a good thing to be able to be access so much information on such a constant basis; however, like I tell my kids – too much of anything is a bad thing. However, with the availability of so much information, there is also an added burden on those who receive it.

Believe it or not, not everything on the "news" is actual news. There is a selective focus to the things that are broadcast – even on the internet. Shocking, I know. All the hype on the Kardashians, Paula Deen and George Zimmerman (to name only a few of the more recent "top stories") is manufactured. Yes, it does affect some and yes, somewhere it is probably important. But, how does it matter locally? How do Paula Deen's travails and the not guilty verdict (right, wrong or somewhere in between – I can't say since I didn't follow the trial, much like I didn't follow the OJ Simpson show when it was on) of George Zimmerman affect me or

— see FINAL WORD, Page 16 —

— Q&A, from Page 5 —

of times since, and I've seen the landscaping bloom, and blossom, and grow, and the view of the City of Los Angeles, and the ocean, and the Santa Monica Mountains from the different areas, and patios and rooftops at the Getty Center is just amazing. You get a good appreciation for where Los Angeles sits and get to soak it up from one spot.

What is a goal you still have for yourself?

I say this, and I'll put it out there, and I hope I can do it, but one day I'd like to do a triathlon. I'm not a super strong swimmer. It is something I need to work on. I have a bike, but I don't use it very much. For the majority of my younger years, I've run, and I've taken it for granted that I can run. But, as I get older, it gets harder, and I know I need to do more cross-training type activities.

A triathlon would be challenging for me to do. It is a goal. Maybe find a small one or a mini triathlon and give it a shot. It is on my list. I'm hoping that while I'm here in Southern California that I'll be able to take advantage of the great weather, water and areas to bike and find a triathlon and actually do it.'

Who is somebody that you really admire?

Someone I professionally admire, who I know a lot of people here in the Los Angeles District know is General Van Antwerp. He was a former Los Angeles District Commander, but a few years ago he was our Chief of Engineers. As a Lieutenant Colonel District Commander in Albuquerque and watching him work really inspired me. He was a people person. He would engage people, and he was very approachable. He did not make you feel like you couldn't ask him a question. He had a way of leading that made you want to follow. He made you want to give 110 percent. He really inspired me to want to do more and be great, make my organization great, and not just good. I appreciate the time he spent with all of us and the energy he put into the organization while he was the Chief of Engineers.

What are you afraid of?

I do not like being underwater or in deep water. Last time I was stationed here in California, I got my husband and I, for Christmas, a package to go and become underwater dive certified, to confront my fear of going underwater. It is still a point of tension with us, because when we did it, I wanted

to make sure he was looking at me the whole time while we were underwater, and he wanted to look at the giant kelp and orange fish, but it was a really good thing to do to overcome that fear. And, I became more confident in the equipment we were given. I'm not completely over it. I certainly wouldn't be doing any night dives any time soon. I think what I'm afraid of on a daily basis is missing something. Sometimes we get so busy during the day...go, go, go... and I really need to tell myself to make sure to stop and talk to people. Tell my son and my husband that I love them. Call friends when I know they need a call. Talk to a person when I know they need advice. We do get so busy, but one of my biggest fears is that I'm going to miss an opportunity to talk to someone when they need me, or I get so busy that I miss an opportunity to say something that I needed to say or be afraid to say. So, hopefully I'll have the courage to do that, and have the wisdom to know when to stop and say "that can wait, but this is important and I need to talk to this person or spend some time on this issue."

What is your favorite movie and pastime?

My favorite movie, and I've said this for many years, and I made my high school girl friend go and watch it with me more times that we can recall, but Ferris Bueller's Day Off is my favorite movie. And, to paraphrase a quote from that movie, I remember "if you don't stop and look around every once in awhile, you are going to miss something." That has really stuck with me.

For music, I love all different kinds, but it has changed as I have lived across the county, but my default that I enjoy is folksy music. I like the Indigo Girls, but what I listen to on the radio regularly happens to be NPR. It seems like I'm already into the routine here driving to work, and we do a lot of driving in Los Angeles, but on NPR you get a little bit of music, a little bit of local, national, and international news, and what I really enjoy are the vignettes about people. There is always a little side story about someone in some town somewhere, and those are great stories. It is like reading a good book. I can get lost in stories they capture.



Col. Colloton and Aunt Jo walk young Stanley down the steps of the Jefferson Memorial.



Col. Colloton and her husband, Michael, prepare to participate in a Christmas race. Stanley is two months old.

What is a trait you developed because of your parents?

I think from both my mother and my father I learned hard work. Hard work pays off, and you are not entitled to anything. We are lucky to have the things we have. All of that comes with work. Whatever it is, you really need to work for it. And, whatever you are doing, do with all of your heart. If you are going to do it, and it is worth doing, it is worth doing well. I think that has stuck with me. If I'm going to do something, I'm going to work hard at it. Growing up, I saw them do that every day. They would be going to work...my mom worked when we were going to school, and she put herself through school, and my dad continues to work hard. I think that appreciation stuck with me, and I hope that I will continue to have that work ethic and that I will impress that upon my son as he grows up.

How would you characterize your leadership style?

My leadership style would be "engaged leadership." I personally get enjoyment and satisfaction out of being engaged, whether it is talking to people, spending time with people, learning about projects, and being engaged in projects. Because, at the same time I may be in a leadership position, my philosophy is that I'm also part of the team. It is not me up front and a lot of people following; it is that we are all moving together. We may be moving in a bunch

of directions, but the team is moving whatever mission it is forward. I like to empower people. I like to be part of the team. As a leader, I like to be engaged and part of the process and part of shaping the future but in a team effort.

What is really important to you?

Family and friends are very important to me. That is the source of where I get my strength.

My encouragement is from both family and friends, and I have some amazing friends and family members. They give me the support I need when I am struggling with a challenging or complex issue. They give encouragement to apply or do something that I don't think I can do, and the inspiration to do things that I don't have the confidence to do. I need that little push that comes from that close group of people who are very important to me. I trust their advice, and I value them very much.

Do you have any final thoughts?

I'm just really happy to be here and

be part of the Los Angeles District team. It is a great honor and fortunate assignment. I feel so lucky to be able to come back. I dreamed about it when I was here 10 years ago, but I never thought the stars would align. Especially in the Army! There are too many other places you can get assigned that are not Los Angeles. I would call Los Angeles the great place. I'm excited to be here, excited to roll up my sleeves and get into projects. During the past few weeks, I've been getting reacquainted with great members of the organization who I had met before, and I've been meeting lost of new members. Every corner I turn, I get to talk to people about what they do. I'm excited to work together to move things forward. There are a lot of challenging things we have to deal with, like the furloughs, sequestration, and uncertainty out there. We as leaders have to help convey that uncertainty to the rest of the district and let them know how we are going to navigate the uncertainty of the future. The monkey is on our back. We need to convey that we are going to get through this...the organization has been around for a long while, and I have no doubt in my mind that we are going to continue to add value to the nation in a lot of different ways. And, add value to our partners as we make projects happen. Things are different and we are just going to have to learn how to do things in different ways to make it happen.



Col. Colloton, second from left, participates in a tug-of-war match during her time as commander of the Albuquerque District. (Courtesy of SPA PAO)

— COLLOTON, from Page 1 —

Los Angeles District, Colloton attended the Dwight D. Eisenhower School for National Security and Resource Strategy, the modern day successor to the Industrial College of the Armed Forces.

The colonel, a native of Albany, N.Y., graduated from Rensselaer Polytechnic Institute with a Bachelor of Architecture and Building Science then

obtained a Master of Science in Civil Engineering from Stanford University. She earned a Master of Science in National Resource Strategy from the Eisenhower School.

During her career, Colloton has been High Desert Area Officer for the U.S. Army Corps of Engineers, Los Angeles District, to include a deployment to Iraq in 2003 with the South Pacific Division Forward Engineer Support

Team; Executive Officer and Operations Officer in the 84th Engineer Combat Battalion (Heavy) at Schofield Barracks, Hawaii, to include deployment for Operation Iraqi Freedom; a fellow with RAND Arroyo Center, the Army's federally funded research development center in Santa Monica, Calif.; and, commander of the Albuquerque District, U.S. Army Corps of Engineers from 2008 to 2010.

— FINAL WORD, from Page 13 —

the nation? If there is a major impact, let's hear about that. Instead, the focus seems to be on how much like crazed LA Lakers fans the people who are reacting to the trial can act. At least the Lakers fans are limited to acting like fools and tearing up one city. Folks who are angry about Zimmerman seem to be taking their frustration out across the country.

Is that why we look with fondness on revered newsmen like Walter Cronkite? Is it because with trusted people disseminating the news with no apparent corporate agenda, the populace was better able to handle itself? Is it because "back then" people knew how to digest news from the radio, television and printed sources (yeah, in the days before we could read our news online - look it up kiddies, BI (Before Internet) really happened) and then incorporate into a fuller view of the world? Is it because with the wealth of information there has come a paucity of discernment?

Yeah, let that question sizzle the old neurons for a moment...

Of course, I digressed (a lot - that could have almost been an entire different column) so let's bring this back.

The value in the Twinkies was in their rarity or in the fact that they were discontinued and still beloved by many. It works the same with just about anything else. Money is valuable because we believe it is. Universities can charge whatever they want because people will pay those going rates. Information is not as valuable because it is so readily available.

That is the caution here, my friends. Did I really think I would get that much money for my Twinkies? Of course not. I bought a bunch (not nearly as many as I'm sure you thought I did) because I wanted to enjoy them with my family while I could. I knew they weren't everlasting; but, I did - much to my chagrin - overestimate their shelf life and the few remaining OTs (Original Twinkies) are just novelties in my pantry. I do think they'll make excellent doorstops for my kids when they get their own houses or possibly nunchucks if I wanted to put two of them together.

I did get some offers on the boxes of Twinkies from my friends. The offers were, of course, for more than I paid for the snacks; but, I couldn't sell them. Instead, we offered them as snacks during a party we had over at the house. I did save some and, as I mentioned, I saved some beyond their "stay fresh"

date. But, they were valuable at the party as guests reminisced about their childhoods, their "good old days" (which, being the oldest person at the party, was kind of cute for me) and the memories they had of the times they'd had Twinkies before. We all truly believed we were having the last of an extinct snack and relished them while we could.

However, now that the new ones are out, the nostalgia factor is completely gone. What's the lesson? It's simply that value is totally subjective and transient. Remember Cabbage Patch Kids? Remember how crazy that Christmas season was when parents all over the country were getting into fights at stores just to get one? For those of you that missed the craze, go watch "Jingle All the Way," with Arnold Schwarzenegger and you can get an (exaggerated) idea of the way things were back then. The value of things is all in the fickle collective minds. Of course, there is personal value; but, that's even more subjective than the other collective kind.

It's basically an eggs-in-a-basket, counting-pre-hatched-chickens kind of thing. As long as you understand the things you value are important up to a point, I think you'll be alright. Things are just that - things. They have a certain level of value; but, don't put too much stock in them because they will ultimately be gone someday. The value of things is not in the things themselves. It is in what they represent. The picture on your wall isn't valuable just because it's a picture. There are millions upon millions of them on walls in houses around the world. It's valuable because it represents a specific time point in your life or in the life of someone who matters to you. It is not that person or those people; but, it is a representation of them.

Hold on to your memories. They are what helped shape the person you are today. The keepsakes, knick knacks and the novelty items are good as touchstones; but, don't forget what is behind all of them. Keep the people who matter closer to you than the things you have to represent them. If you're lucky someday, you'll have more actual keepsakes around than you know what to do with.

Just be careful with becoming a hoarder. That's a whole different kind of headache. But, if you're a severe one, it might be your ticket to getting on television.

Just a thought...



Around the District professional pride

Matthews Turner, a purchasing agent for the district's contracting division, retired and was awarded a certificate of appreciation for his years of hard work and dedication. (Photo by Richard Rivera)



Jane Grandon, a coastal engineer with both the planning and engineering divisions, received a commander's certificate upon retiring after 31 years of service. (Photo by Richard Rivera)

Jesus A. Gonzalez, a cartographic technician for the district, retired after nearly 35 years of service. Gonzalez received a commander's certificate for his years of dedicated service. (Photo by Richard Rivera)



Alice Ardalan, the administrative officer for the district's engineering division, received a commander's certificate. Ardalan retired after 38 years of service. (Photo by Richard Rivera)

Scott Sanderson, a water resources lead planner for the district, was given a Commander's Award for Civilian Service in a ceremony at the district headquarters. (Photo by Richard Rivera)

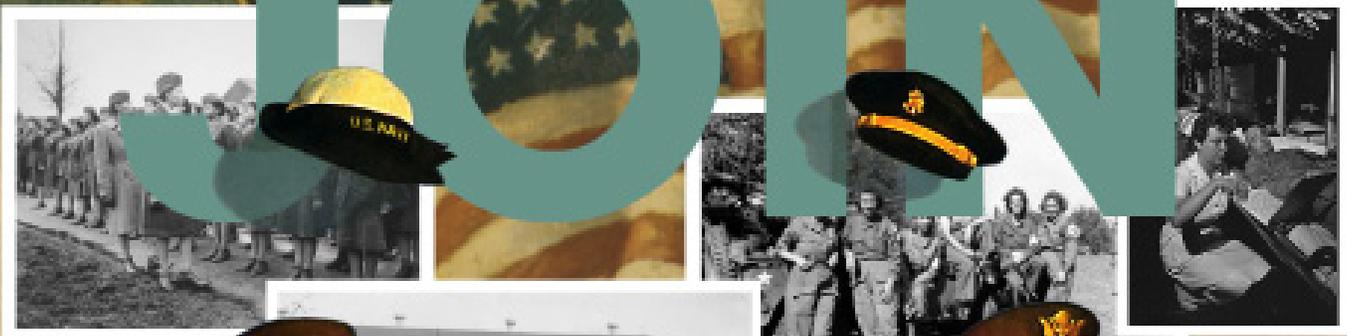


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