

▶ GET AHEAD BY STAYING SHARP..... 1

▶ AEI-CASC SUCCESSES..... 2

▶ NEW TEAM MEMBERS..... 2

Welcome to the first edition of AEI-CASC's newsletter which will be distributed once or twice a month. It contains a mix of company news and light reading. Please let us know what you think and be sure to forward any ideas about what you'd like to see. Email comments to [clangevin@aei-casc.com](mailto:clangevin@aei-casc.com).

# AEI-CASC NEWS



“EARLY TO BED AND EARLY TO RISE MAKES A MAN HEALTHY, WEALTHY AND WISE”

BENJAMIN FRANKLIN, (1706-1790)

## Get Ahead by Staying Sharp



Resting the brain more important than resting the body

More than 70 percent of American adults and 85 percent of teens don't get enough sleep to be sharp the next day, according to scientists at Harvard Medical School. They say part of the problem is we are so used to being sleep deprived that we have become adept at coping with the condition. We don't realize that the purpose of sleep may be more to rest the mind than to rest the body. Sleep helps consolidate memory, improve judgment, promote learning and concentration, boost mood, speed reaction time, and sharpen problem solving and accuracy. To get more sleep,

researchers suggest getting to bed half an hour earlier. If you can arrange a brief nap in the afternoon, it can help. They advise against sleeping late on weekends because it could disrupt your circadian rhythm, making it harder later to get a full night's rest. The American Time Use survey shows that the main reason for lost sleep is work. But when you lose sleep, you could be 12 percent less productive the next day. If mental sharpness is important to you, get a good night's sleep.



For many of us, it takes perseverance and discipline to save money from our regular paychecks. When we are expecting a cash gift, a bonus, or a tax refund, however, it's a different story. That seems like free money or found money, so we might go ahead and spend it on whatever pleases us at the moment. When you are withdrawing money as retiree, however, all money is the same says Gary Belsky. In his book *Why Smart People Make Big Money Mistakes and How to Correct Them* (Simon & Schuster), Belsky says it's not

smart to blow a tax refund or a bonus, at least not right away. He recommends that you put the found money into your savings account for just one month. When the month is up, it will feel more like savings than a windfall. Then you will be less likely to spend it on a shopping spree. Quoted in *Fortune*, Belsky says the secret to successful saving is to focus on the better things your money will buy in the future. Most people are making enough money to save more now.



# AEI-CASC SUCCESSES

AEI-CASC continues to land contracts throughout the company. Here are some of the recent contract wins.

- The Water Quality Services groups won recent contracts with Sempra Energy (statewide), KB Homes (Northern California), Elk Grove Unified School District and the Arizona Department of Transportation....and renewed annual contracts with the Cities of Redlands, Anaheim and Highland and the Corona-Norco Unified School District.
- Our Planning department began work on 600 lots for phase 3 at McSweeney Farms in Hemet and the specific plan for over 1000 lots at Arantine Hills in Corona.
- The Survey Department continues to thrive... running five crews with a backlog of over 1700 lots to be staked in the next two months.
- The Private Development Groups (Colton and San Diego) signed up to engineer another 1300 lots at McSweeney Farms in Hemet to add to the current backlog of nearly 3500 lots in preliminary and final engineering. Two new business park projects were also started for Sudweeks development.
- The Drainage department landed a study for Nursery Products on their 160 acre project in the High Desert.
- Our Plan Checking/Transportation department landed new contracts in the Cities of Moreno Valley, Rialto and Grand Terrace.
- CES is EXTREMELY busy supplying products and services around the globe in response recent changes in the Kyoto agreement on Greenhouse gasses.
- Whew!....and the Telecom group just signed an order for 45 bays from Tellabs and are kitting a new product line for AT&T that make it easier to bring high speed fiberoptics to businesses.

*"Computers in the future may weigh more than 1.5 tons."*  
 POPULAR MECHANICS, FORECASTING THE RELENTLESS MARCH OF SCIENCE, 1949



**APRIL DATES TO REMEMBER**

**Easter April 16th**

**Taxes Due April 17th**  
*Because April 15th ends on Saturday you have two additional days to get your 2005 income tax return in the mail to avoid a late charge.*

## Easter is chocolate time: Eat dark chocolate, but not too much

Few foods have the tasty and magical history that chocolate has.

In the Aztec culture, creation of the cocoa plant on earth was attributed to Quetzalcoatl, who they believed descended from heaven carrying a cocoa tree from paradise. Cocoa was combined with spices to make a frothy drink. (They didn't have sugar.)

Today, chocolate's allure lies in its sweet or bitter-sweet taste, but chemical reactions are at work. Chocolate stimulates the secretion of endorphins, which produce a pleasurable sensation, and serotonin, which acts as an anti-depressant.

Chocolate does more than please the taste buds and make people feel good. It's packed with polyphenol antioxidants that reduce the risk of heart disease. Antioxidants in raw cocoa can dilate blood vessels, a healthful effect, and raise HDL (good) cholesterol levels.

Researchers in Italy have found that eating dark chocolate can help to control diabetes by increasing the body's ability to metabolize sugar. Chocolate is also high in potassium, magnesium, and vitamins B1, B2, D, and E. (But it's very high in fat and calories.)

## Bulletin Board

Welcome aboard to our newest employees joining the AEI-CASC team!

- Roberta Hawkes** PC in WQS-started 3/21/06
- Don Miller**-Surveyor-started 3/27/06
- Vaughn Kent** -Shipping and Receiving at CES-started 4/5/06
- Derek Hill**-Instrument Technician at CES-started 4/6/06
- Carolyn Lewis**-Project Coordinator in Planning-starting 4/10/06
- Yegna Vyas**-Engineer in WQS-starting 4/17/06
- Arij Baddour**-Civil Engineer in Precise Grading-starting 5/1/06

Congratulations on recent employee promotions.

- Ed Suher**-Program Manager in El Segundo
- Ian Cole**- Sr. Project Manager in San Diego
- Aric Torreyson**-Project Manager in Temecula
- Jose Armenta**-Asst. Project Manager in Goleta

Did you know that AEI-CASC's Landtec division provides field instruments to over 20 countries including, Brazil, China, Australia, Israel and Bangladesh.



## CES Expanding

New office space has been acquired for CES due to increased growth. The new office location is close by at 673 Cooley Dr. in Colton.

## In the Know

According to the U.S. Environmental Protection Agency, tests show it is more economical to turn a car engine off rather than let it idle if the time is to exceed 60 seconds.

