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# AEI-CASC NEWS

## Families and Friends

“THE AMERICAN, BY NATURE, IS OPTIMISTIC. HE IS EXPERIMENTAL, AN INVENTOR AND A BUILDER WHO BUILDS BEST WHEN CALLED UPON TO BUILD GREATLY”

JOHN F KENNEDY, (1917-1963)

### Value your family, friends and co-workers

#### Loneliness can be hard on your blood pressure

Research suggests that more than 11 million Americans age 50 and over often feel isolated, left out, or lonely.

A new study by scientists at the University of Chicago shows that people who were lonely had blood pressure readings as much as 30 points higher than those who weren't. The effect was as great as being overweight or sedentary.

The results build on earlier research by co-author John Cacioppo who found that in younger adults, loneliness was linked with blood vessel problems that could lead to high blood pressure.

Harvard doctors linked loneliness in men with increased blood levels of inflammatory markers associated with heart disease. And a Duke University study found increased risk of death in isolated patients with heart disease.

The magnitude of the association in people age 50 and over is "stunning," according to Louise Hawke, the Chicago study's lead author.

The study says something important about social connection in our everyday lives. The researchers say part of living a healthy life is paying attention to friends and family.

The doctors recommend joining a club or doing volunteer work to increase contact with people.



### Moneywise



#### Some states pass laws raising dependent age limits on health plans

Most group or private health insurance plans end eligibility for a dependent when the child turns 19. The age limit is extended for full-time students but tops out at age 22 or 23.

At least 16 states have now passed laws, or are considering legislation, that requires insurers to offer coverage to older dependents, whether or not they are in school. It would raise the premium a family pays, but the cost would be less than if the

dependent purchased a separate policy.

In New Jersey, a new law requires health insurers to cover single dependents until the age of 30. A Colorado law requires that dependents be covered until age 25. New Mexico, Utah, and Massachusetts have enacted similar legislation.

Young adults from 19 to 34 years old are the fastest growing group of uninsured, according to Kaiser Family Foundation. State and federal governments spent some \$41 billion in 2004 to cover uninsured medical care and hospital costs.

# AEI-CASC's design helps keep our beaches clean starting with pollution reduction in Chino

Situated in the middle of Chino's dairies, the new IEUA Headquarters building was designed to "promote water conservation, water recycling, ground-water management, organic composting, renewable energy, and overall environmental stewardship".

Utilizing the AEI-CASC's expertise in drainage and water quality, IEUA implemented a BMP project that truly showcases the beauty of "going

back to the basics" in their creative stormwater management program. By integrating a variety of BMPs into the headquarters facility, bacteria runoff has been reduced by 85-90%, Total Suspended solids (TSS) by 89% and the total runoff by 90%.

For more information on the project, see the attached brochure or visit their website at [www.ieua.org](http://www.ieua.org).



IEUA MAIN OFFICE



## JUNE DATES TO REMEMBER

June 14th Flag Day

June 18th Fathers Day



## SECOND THOUGHTS

If you could live your life over, what would you do differently?

A survey of retired people reported in the International Journal of Aging and Human Development showed that half of those interviewed would spend more time with their families; prepare financially for the future; get more education; and work toward career development. They report that they would spend less time on one thing: worrying.

## In the Know

### Coffee and Antioxidants

Recent newspaper stories claim that coffee is the number-one source of antioxidants in the American diet.



Researchers at the University of Scranton, however, say coffee has some antioxidants, though not nearly as much as fruits and vegetables.

Good sources of antioxidants include tomatoes, bananas, and potatoes.

## Bulletin Board

### New Employees

#### San Diego

Adam Hoch (Engineer), Santiago Crespo (Engineer)

#### CES

Ben Ikechukwa (Warehouse), Brian Perryman (Precise Grading), Juvenal Garcia (Instrument Technician), Martha Estrada (Front Desk), Robert Espinoza (Warehouse)

#### Colton

Tim Picard (Survey), Rebekah Guill (Water Quality), Erin Lennon (Front Desk) BJ and Rodel From Tri 8 in the Philippines will be here for the next 18 months to better their design and engineering skills.

### Promotions

Diane Scott has been promoted to a Project Manger with MBN. Diane received her Bachelors Degree in Business IT earlier this year.

Bri Darling will be transitioning into the Marketing Department in Colton next couple of weeks.

### Calendar

Company Picnic at Glen Helen Regional Park on Saturday, June 10th

Company Holiday Party to be held at the Riverside Convention Center on Saturday, December 2, 2006. More details will follow as the date gets closer.