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AEI-CASC NEWS

One of the best ways to persuade others is with your ears. Listen to them.

Dean Rusk



Pumpkin pie wins for holiday taste and good health

When it comes to dessert for Thanksgiving dinner, the example of American colonists shines bright. Pumpkin pie and pumpkin pudding were the order of the day.

Today we know that pumpkin does more than satisfy the taste buds. It wins big time for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients lutein and zeaxanthin.

The carotenoids in pumpkin neutralize harmful free radical molecules, while lutein and zeaxanthin are potent free radical scavengers, according to Rutgers University in Brunswick, N.J. A diet that includes these antioxidants can help prevent many of the diseases associated with aging, including heart disease and cancer.

Lutein and zeaxanthin are naturally found in the lenses of the eyes. Studies suggest that eating foods high in these compounds help block formation of cataracts and decrease the risk of macular degeneration.

The good news is that canned pumpkin has virtually the same nutritional value as fresh, and it's far less work to prepare.

You can make a nutritious pumpkin pie from a can of pumpkin pie mix or two pies from a 16-ounce can (just add your own eggs, sugar, and spices. The recipe is on the can of pumpkin.)

Some tips about pie made from canned pumpkin: If you find your pie cracks in the center or doesn't hold together well enough, your eggs are probably too small. Use three eggs instead of two.

To reduce fat content of your pie, (pumpkin itself has no fat) use fat-free canned milk. If you will use whipped cream as a topping, select fat-free whipped cream at the supermarket for a flavor that's still very good.

For more intense flavor from pumpkin pie mix, add a bit of extra spice and a tablespoon of brown sugar.



Stashing Emergency Cash

If the power goes out because of a storm or hurricane, the ATMs in your area won't work. Better have a little extra cash on hand.

Stashing a few \$20s in an unused part of your wallet will help you buy gas for your car and some groceries. Some quarters in the trunk of our car will allow you to

make a phone call or feed a parking meter.

A MassMutual agent quoted in Time recommends keeping a full month's spending money at home in small bills. Use a waterproof, fireproof box. Lock it so you won't be tempted to spend.



BIA
Stormwater
Training

September 19-20 in Temecula and Pomona

Rick Sidor scared our Building Industry Clients into complying with new strict water quality regulations.

Amy Ardis with help of baby girl Ardis held down the marketing booth.



AEI-CASC Employees enjoyed the Anaheim Angels playing the Oakland A's at Anaheim Stadium. The Angels won 6 to 0. They had an amazing fireworks show after the game.

Bulletin Board project wins

- Arizona DOT** - Construction Storm Water Training
- City of San Bernardino** - Plan Checking Services
- LA County** - NPDES Services - 3 to 5 years
- Riverside County** - NPDES Commercial/Industrial/Municipal Inspection Services – 3 yrs
- City of Rancho Cucamonga** - Preliminary Engineering Services
- City of San Bernardino** - Plan Review Services
- Morgan Hill Unified School District** - Prepare Storm Water Management Program
- WQS** - will be presenting its 3rd Construction Site Storm Water Management Short Course in Spanish

new employees

- Aguilar Engineering – Telecom:**
Samuel Gutierrez, Katherine Hannah and Paula Slater.
- Colton:**
Carolyn Lewis Planning, Rachael Williams WQS, Erin Lennon Admin, Christopher Ogaz WQS and Nicole Poll Admin.
- Irvine:**
Timothy Burnham.
- Burbank:**
Maksim Labutin
- San Diego:**
Charlotte Richardson and Rene' Vidales



As Halloween approaches, many parents dig out the traditional tale of Sleepy Hollow where Ichabod Crane meets the headless horseman. However, many theme parks are celebrating Halloween in a bigger way throughout the month of October.

FearFest at Paramount Kings Island near Cincinnati, uses the legend created by Washington Irving to present Massacre Manor. It's located in The Curse of Sleepy Hollow area and is a fan favorite along with the Haunted Wooded Trail. The festivities begin Oct. 7 on selected Friday and Saturday nights.

During the day on Saturday and Sundays in October, Kings Island has Nick or Treat. In the family friendly setting, little ones enjoy face painting, mazes, and a pumpkin patch.

Howl-O-Scream is a ghoulish spectacular presented by Busch Gardens in Williamsburg, Va. For 16 nights, the park has a mix of "favorite frights and terrifying new twists." Six haunted houses and five scare zones are part of the package. It's not for the faint of heart or small children.

Disneyworld, in Orlando, entertains the small tykes by a special party. On various nights in October, grinning ghosts come out to play with Mickey Mouse and his Disney friends. Children are encouraged to dress in costume and there are areas for trick and treating.

D A T E S T O R E M E M O R I E S



Remember to set your clocks. Daylight-saving ends October 29, 2006



The Company Holiday Party will be held at the Riverside Convention Center on Saturday, December 2, 2006.

Election Day: November 7

Check your voter registration now. Familiarize yourself with the candidates and the issues. Check your polling place location so you know where to vote. VOTE on November 7! Democracy needs YOU.

FUN FACTS



The Model T was introduced by Henry Ford on October 1, 1908