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Health Corner



In what may be the best diet-related health news of all time, a study at the University of Ontario has found antioxidants which can boost the body's immune system are present in the herbs and spices used for...barbeque sauce.



The research team analyzed seven different popular sauces and marinades available at supermarkets. The sauces contain herbs and spices as primary ingredients, and included such varieties and flavors as jerk sauce, garlic and herb, roasted red pepper, sesame ginger teriyaki, and others. Cooking reduces the antioxidant effect by about 50 percent, but even after barbecuing, the sauces still contain "significant" levels of antioxidants. So fire up that grill this summer and get healthy!

Greetings from the President



By: Christine Franklin, P.E., P.S.S.C, B.C, MBA

CEI's 11th anniversary in October coincided with the United Way's Day of Caring event. CEI employees, who had not yet completed their required community event before performance review time, used this event to get in under the wire.

We felt very fortunate to be part of this event and left with a sense of accomplishment and gratitude for the opportunity to make a difference. Community Participation is one of CEI's Core Values. We must give back to our communities that have given so much to us!!

CEI was assigned to the Cradle Nursery in the heart of Fort Lauderdale, a daycare centre for Pre-K children. When we arrived at the facility I thought "There is too much to be done here! There is no way we can accomplish this much in one day." I had forgotten the power of elbow grease, determination and will power. By the end of the day I was amazed at how our group had transformed the nursery into a spanking new facility, complete with designer paint colors and new light fixtures.

As we gear up for our 12th anniversary this year, we encourage not only our employees but all clients, friends of the firm, and vendors to get out there and volunteer in your communities and be part of the solution.

For more information on United Way of Broward County's Day of Caring 2011, please visit:

<http://www.unitedwaybroward.org/>



President, Christine Franklin, takes a break.



Office Manager, Eva Stettner, paints for the Cause!



Superintendent, Joe Weeks, manages projects while painting.





Announcements

ENRSoutheast

The ENR Southeast Magazine conducts an annual survey on the Top Design Firms. CEI ranks the list at #80.



The US Small Business Administration presented CEI with an Administrator’s Award for Excellence in recognition of outstanding contribution & service to the nation by a small business in satisfying the needs of the federal procurement system.



CEI ranks as the 17th Largest Engineering Firm in the South Florida area by the South Florida Business Journal for 2011.



The Hispanic Business Magazine tracks the progress of Hispanic-owned businesses. CEI ranks at #352 of the 500 Largest Hispanic-owned Companies in the US.



Strategy:
How to add value to your firm

There has never been a stronger need to amp up marketing and business development skills at every level of the organization. Here are a few strategies to employ for improving position and personal branding.



Don't make a living- Build a life. Don't start the week with an anti-Monday-can't wait-until-Friday attitude. Value your commitment and your work enough to build a life around professional goals.

Develop a personal network. Collect people– who share the same values and ethics, the same type of work, or are simply like-minded.

Ask for feedback, and really listen. Get in the habit of asking for feedback on your projects soon after completion – and be willing to listen, listen and listen some more.



Community Corner:

troleum drums that were cleaned and prepared for painting.

In keeping with our core value to give back to the communities, the CEI Team is active in community events throughout the year. Recently, CEI participated in Volunteer Broward’s “Keep Port Everglades Shipshape.” The event encourages recycling and cleanliness at one of the leading cruise and cargo ports, Port Everglades. Volunteers painted their own creative designs on used pe-

“To me volunteering is an opportunity to give back to the community, to show support but most of all to meet people that share the same interest in making the world a better place,” said Melissa Muirhead. For more information on Volunteer Broward’s great events, please visit: volunteerbroward.org



Accounting Manager Assistant, Melissa Muirhead and daughter Rakayah Swain paint at the Port!



Project Spotlight

By: Jeff Northrup, PG

Former NCR Intermediate-Depth Remediation Project

Fort Lauderdale-Hollywood International Airport (FLL) has been and will continue to be one of the fastest growing airports in the country. To ensure that FLL meets the increased demand, Broward County Aviation Department (BCAD) is replacing gates at Terminal 4 and expanding the southern runway over US-1. In conjunction with the Terminal 4 gate replacement project, BCAD is remediating a fuel release which occurred at the former National Rent-a-Car facility located in the current gate replacement footprint.

Petroleum contaminants were found in the groundwater to a depth of 37 feet below land surface. After defining the vertical and horizontal extent of the intermediate-depth plume, CEI designed an air sparging/soil vacuum extraction (AS/SVE) system to remediate the petroleum plume.

This AS/SVE system entailed the installation of 14 AS wells and six SVE wells. The piping from the AS/SVE

wells was plumbed to an AS/SVE trailer. Consistent with the sustainability goals of BCAD, CEI modified an existing AS/SVE trailer which successfully treated shallow contaminants, and converted it to treat intermediate-depth contaminants.

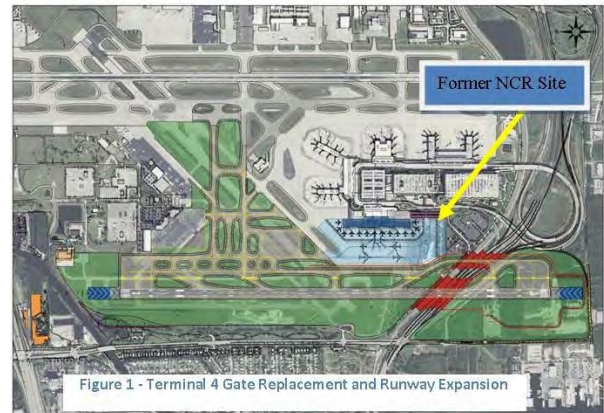


Figure 1 - Terminal 4 Gate Replacement and Runway Expansion

The AS/SVE system was installed in June of 2011, and started in July of 2011. CEI anticipates removing the petroleum contaminants from the intermediate-depth area to groundwater cleanup target levels by June of 2012, which meets the phased Terminal 4 Gate Replacement construction schedule established by BCAD.



Employee Spotlight

Beby Rojas has been a member of the CEI family since December of 2009, and has been busy equipping himself with the tools to begin his new role as CEI's Staff Accountant. He recently graduated from FIU with an Accounting degree, and is ready to take the plunge into the fast-paced world of A&E accounting.

Beby is originally from Barranquilla, Columbia where he was named after his father, the country's World Champion Boxer, Beby Sugar Rojas. He is an avid sports devotee who is a huge Miami Heat fan and is also a Miami Heat bobble-head collector (as you can see from his office shrine). Aside from the Heat, Beby enjoys outdoor activities, including mountain biking, kayaking and jogging. He also loves numbers and his girlfriend of six years!

"Beby is one of CEI's hardest working people, extremely dependable, very accommodating and always smiling," said CEI's President, Christine Franklin.



Beby represents FIU & The Heat.

Please join CEI in congratulating Beby Rojas in his new role!

Congratulations, Beby!

Beby's white hot Heat collection.



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Suggestions or Requests?

Do you have a suggestion of our next e-newsletter? Want to be a guest speaker?
Send us a request via email to: public_relations@cherokeecorp.com

Our Services

Civil Heavy Construction

- Civil and Concrete Work
- Heavy Construction
- Facility Demolition and Decommissioning
- Earthwork and Paving
- Drainage and Utilities
- Piping Systems Erection
- Mechanical Equipment Installation

Environmental & Water Engineering & Regulatory Compliance

- Remote data collection and field services
- Drilling/geological services and aquifer performance testing
- Assessment and monitoring of water quality
- Design of storm water controls and constructed wetland systems
- NPDES permitting and preparation of Storm Water Pollution Prevention Plan
- Permit expediting with Florida Department of Environmental Protection, United States Army Corp of Engineers, and local municipalities
- Canal conveyance capacity planning and studies

Environmental Remediation

- Remedial Systems design and construction
- Remediation System Operations, Maintenance and Optimization
- Hazardous and non-hazardous waste handling
- Sediments
- Site Assessments and Investigations
- Regulatory Negotiations



Construction Management

- Detailed engineered designs and specifications
- Cost and schedule capital improvement projects
- Administer construction contracts
- Manage construction contractors

Fuel Storage & Distribution

- Spill Prevention Control and Countermeasure Plans
- Best Management Plans
- Engineering design and installation of underground and aboveground storage tank systems
- Installation of above and below grade fuel transfer piping and equipment
- Fueling facility design and installation
- Fueling Equipment Certification
- Storage tank system installation, including tightness testing of tanks and piping;
- Storage tank system repairs; and, routine maintenance, including calibration of dispensers and certification of leak detection systems.
- Storage tank decommissioning and closure;
- Storage tank closure assessment/remediation and reporting
- Jet Fuel & Hydrant Piping Systems