

GABOT WATERWORKS NEWS

JANUARY 2010



Super Bowl is scheduled to be aired on February 7th.

BENEFIT PLANS

Cabot Waterworks pays 75% of your premium on health, dental and vision; and 100% for a life insurance plan on all employees. The benefit design plans are evaluated annually.

Having health insurance is valued by many employees. Employees who are covered will be protected from high medical expenses when used correctly and stayed within the course of the design plan.

Cabot Waterworks will continue to offer competitive benefit plans and make affordable to all employees.

Wisdom of the Ages

1. Don't be afraid of the phrase "I don't know". If you don't know the answer, don't try to bluff it.
2. "Don't gossip". Someone always gets hurt; usually the one who does the talking and the one who's talked about.
3. "No task is beneath you". Don't think you are above anything. Be a good example and pitch in.
4. "Share the credit whenever possible".
5. "Ask for help". If you think you're over your head, ask someone for help.
6. "When you don't like someone, don't let it show". Never burn bridges or offend others.
7. "Let it go". Be gracious and diplomatic and move on. Don't harbor a grudge.
8. "When you're right, don't gloat about it".

TOP 10 THINGS TO DO IN 2010

1. Spend more time with family and friends.
2. Get fit with a regular exercise program
3. Lose weight by setting reasonable goals
4. Quit smoking
5. Enjoy life which will bring balance to your body, mind and soul
6. Get out of debt
7. Learn something new
8. Help others in need
9. Get organized at home and at work
10. Become involved in the community activities

2010 TAXES



Several factors impact the calculation of your federal and State withholding taxes; items such as marital status, number of withholding allowances (exemptions) and amount of weekly gross earnings and the reduction of your Public Employees Retirement System (APERS) and insurance premiums.

TAKE A LOOK AT YOUR TAX WITHHOLDINGS AND MAKE SURE YOUR EXEMPTIONS FOR FEDERAL AND STATE ARE WHERE YOU WANT THEM,

SAFETY

The goal for 2010 is 'ZERO' injuries. We can accomplish this goal by having the right safety attitude.



The safety-conscious worker always makes an effort to stay focused on the job and be aware of his or her surroundings. Safety-minded employees always approach each job with care and follow proper procedures. They know their equipment, their skills and abilities, rules and regulations, and proper job procedures, including what to do if something goes wrong.

Take the steps you need to ensure your day at work is free of injury. Always watch for co-workers for unsafe situations. It is your responsibility to work safe.

Terry Tallent's son, the sleepy deer hunter



**Tim Joyner is a Grandpa
Name: Bryson
Born: 1/12/10
Weight: 6lb 15oz**

EXERCISING HELPS YOU TO HAVE:

- More energy
- Improved self-image
- Weight control without dieting
- Control over appetite
- Higher endurance or stamina - not being winded easily
- Better conditioned heart and lungs
- Less tension
- Greater management of stress
- Better ability to fall asleep and stay asleep
- Less chance of injury
- Toned muscles
- Healthier cholesterol level
- Quicker healing

REMEMBER: An exercise program can be a fun addition to your week that doesn't have to cramp your schedule. Do a variety of exercises, set realistic goals for your routine and your fitness level and enjoy yourself.



WWTP photo of the clarifiers and aerator

Pictures are
Courtesy of Erik
Morrow



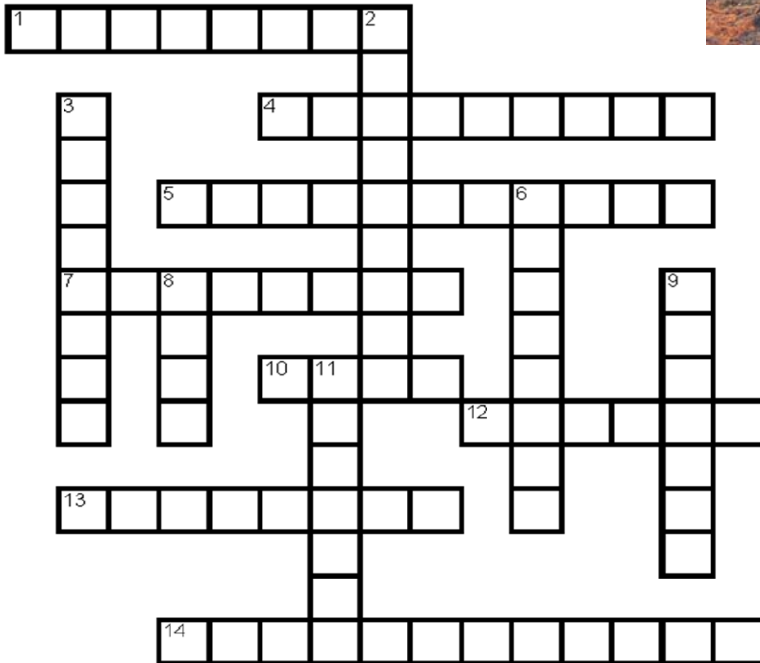
WWTP clarifiers



WW crews working
safely, great job!

FUN STUFF

Dinosaurs



Down

Arkansas Statistics

- Arkansas unemployment rate is at 7.4% compared to the National rate of 10%
- Cabot unemployment rate is at 6.0%
- Estimated population without a confirmed census is 23,171
- Cost of living is 19.64% lower than the U.S. average
- Average home costs \$133,370
- Cabot Schools spend an average of \$3980 per student compared to the National level of \$6058

Across

Down

- | | |
|---|--|
| 1. Dinosaurs dominated this period | 2. Meat-eater |
| 4. Plant-eater | 3. Ancient reptile |
| 5. From a time before written history | 6. Eats both plants and meat |
| 7. Framework of bones that supports the body | 8. Most dinosaurs laid these |
| 10. An animal eaten by another animal | 9. Having died out |
| 12. Trace of prehistoric life preserved in the Earth's crust | 11. Cold-blooded vertebrate that usually lays eggs |
| 13. An animal that hunts other animals | |
| 14. Scientific study of prehistoric life forms especially through fossils | |

Answers: Across— 1. jurassic 4. Herbivore 5. Prehistoric 7. Skeleton
10. Prey 12. Fossil 13. Predator 14. Paleontology
Down— 2. Carnivore 3. Dinosaur 6. Omnivore 8. eggs 9. extinct
11. reptile