

ON TRACK

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SARGENT

C O R P O R A T I O N

Excellence for Generations.

Sargent off to good start on Kibby Wind Power project

—Story, photos on pp. 7-9, 28

Keith Heald uses a CAT D6R bulldozer to place fill at Tower Pad A17 on Kibby Mountain. When completed, the Kibby Wind Power project will provide enough electricity to power 50,000 homes.



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A message from Herb R. Sargent

Welcome to 2009

In spite of the long, slow winter and the seemingly endless parade of unsettling economic news, our crews are busy this spring with a decent backlog of work. President Obama's economic stimulus package has had some impact on this backlog; though in Maine most of the stimulus money will go to paving highways across the state, many airport, utility and school projects have been catalyzed by the President's package.

While our work over the past few years has had a healthy dose of retail and commercial development, these large retailers have, for the most part, either saturated the markets we work in or shelved their expansion plans until the economic outlook brightens. Landfill markets have stagnated to some degree because a collateral effect of the economic times is that there is less waste to dispose of. The highway market, at least in Maine, seems an unlikely fit for us because the current administration's policy favors overlay paving versus reconstruction.

Yet with all the aforementioned uncertainty, our 2009 bears a strong resemblance to 2007, when our first five months yielded little in the way of work and revenues, but the last seven months barreled along nicely. Whether we can replicate that experience remains to be seen, of course, but there's one thing that's for sure: it's up to us.

* * *

Back in April at our start-up meetings, I tried to impress upon our troops that now is the time to dig in and find new ways to improve productivity. I'll admit that it's difficult to approach the crew every year with the same message—improve, improve, improve—because there's a tenuous line between "we need to improve" and "we're not doing well enough." A misplaced word or phrase here or there could be construed as the latter.

I want to be clear here: *when a customer puts out a project, part of what they put out is their reputation, and there's a good reason people trust us with theirs—you protect it like it's your own with your commitment to what's important to them: environmental sensitivity, efficiency, safety, cost-effectiveness, image, and quality. They have confidence in us because you've earned it.*

* * *

That said, earning a customer's confidence *yesterday* doesn't mean we've earned it forever. No, our competitors will make every attempt to convince our customers that they can offer everything we can—and then some. Their claims might be hollow, or they might back them up nicely.

I can tell you that when I started Sargent & Sargent in 1992, the economic environment was similar to today's, and

I made some bold promises to potential customers. My first contract was awarded to me after this conversation:

General contractor (GC): "Herb, how much equipment do you own?"

Herb: "Uh, none at this time."

GC: "OK, how many employees do you have?"

Herb: "Uh, none at this time."

GC: "So, Herb, you've got no people and no equipment. Give me one good reason why I should hire you to build this project."

Herb: "Because I know how to build the project; I know the constraints and the conditions. Bottom line: if you hire me to build this project, you won't have to lay awake at night and worry about it, because that'll be my job."

I recount that conversation because I know exactly, from first-hand experience, what people will do to be placed on a potential customer's bidder's list—I lived it, as did several of our employees. I also know, from first-hand experience, what people will do to earn an opportunity with that customer. So it's with that perspective that I persist in telling you all that we have two choices: stick to our knitting and continue to improve, or sit back watch the competition take our place. There's really no choice, in my mind.

* * *

By now you've all heard my rant on how we should approach business: *Be the most efficient and effective contractor on the planet; do things better than they've ever been done before.*

I've been assailed on occasion for the above statement because some people don't think it's specific enough, or it's not measurable. Fair enough. But where are we supposed to measure? Where is the work done? Certainly not in a conference room in Stillwater, or from my desk. *The true measure of our work is in your hands, daily.*

Means and methods can't be prescribed from Stillwater with enough efficiency, eye to detail, or condition familiarity to even *hold the line* in terms of efficient execution of our work. *You* do it; *you* tell your foreman that, if a pile of rocks was moved, you could make more efficient cycle times. *You* tell your superintendent that, with a different spreader configuration, you could reduce costs.

This company has survived and prospered for more than eight decades because the people here never stopped honing their craft. Thanks to you, one and all, for your continued efforts in this regard.

Sargent receives 'Build Maine' award for Lewiston CSO project

Sargent Corporation received a 2009 Build Maine Award from the Associated General Contractors of Maine for the Lewiston Combined Sewer Overflow (CSO) project.

The award ceremonies were held at the Augusta Civic Center on April 15 in conjunction with the 25th Anniversary Construction Expo sponsored by the Maine chapter of the National Association of Women in Construction.

This \$4.6 million project consisted of constructing a CSO structure to store the first 1.4 million gallons of increased flow of stormwater created by a storm event. This allows the most heavily contaminated flow to be treated by the Wastewater Treatment Plant once the storm is over and flows return to normal. Before the construction of this project, which was funded entirely with City funds, this flow would be discharged directly into the Androscoggin River. The project was a major component of a 15 year program by Lewiston to meet federal water quality standards.

The project had to be built to exacting standards to allow the components of the facility to work as they were designed hydraulically, while dealing with soft and unstable soils at the base of the structures.

Innovative techniques, such as external bracing of the sheet pile cofferdam, the use of a large excavator to set the 250 precast structures used to create the storage runs, and the design and manufacture of clamping devices by Sargent, combined to allow this project to be completed six months ahead of schedule.

The project was one of several that were featured in the June 2008 issue of Sargent's ON TRACK magazine.

The Build Maine Award projects are selected by a panel of judges based on the following criteria:

- Contribution to the community.
- Innovation in construction techniques or materials.
- Environmental sensitivity (community and nature).
- Responsiveness to client needs.

Judges this year were Peter Merfeld of the Maine Turnpike Authority, AGC Past President Loren Clarke, John Nelson of Wright-Pierce, and Bob Gurney from the State of Maine Bureau of General Services.



BUILD MAINE AWARD PRESENTATION—From left: Mark Bancroft, 2009 AGC President; Diana Ichton, WGME-TV; Adam Foster, Oldcastle Precast (behind Ms. Ichton); Dan Bisson, CDM; David Jones, DPW, City of Lewiston; Colby Currier, Operations Manager; Herb Sargent, President; Jeffrey Hallett, Project Manager; Sean Milligan, Superintendent; and Dean Sciaraffa, President, H. B. Fleming.



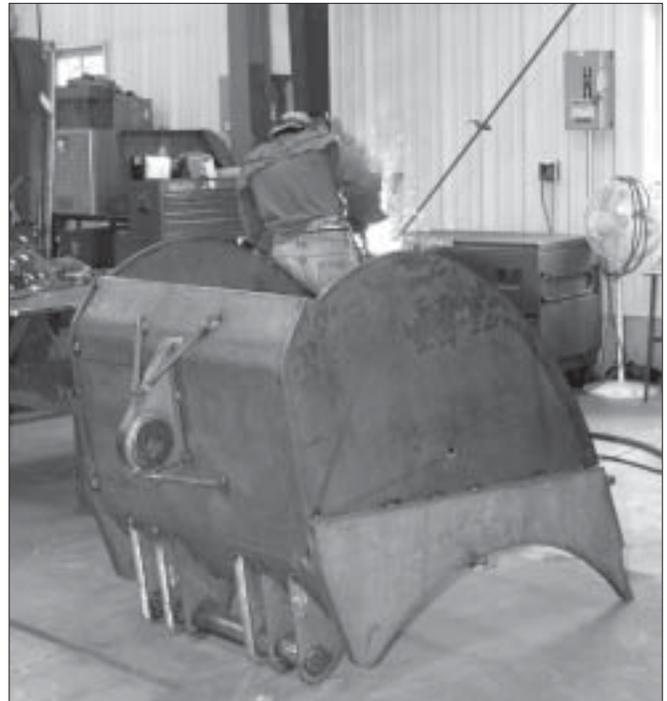
The Komatsu PC600 sets a box in place, while a front end loader grades the base of the site to ensure a level surface for the next row of boxes.



WASSON BROTHERS HONORED—Brothers Pete and Gene Wasson were honored at the Sargent Corporation holiday party for over 100 years combined service with the company. Pete (second from left) is a bulldozer operator. Gene (second from right), who passed away on May 24, 2009, was our lowbed driver. Above, Herb Sargent (left) and Tim LePage present the brothers with models of Gene's lowbed carrying Pete's bulldozer.



Nick McKechnie moves a sheet of 3/4" steel plate as Gov. Baldacci and Herb look on.



A nearly-completed bucket sits in the fabrication shop as Nick McKechnie welds in the background.



Herb with Gov. Baldacci and his economic development assistant, Bill Osborne.

Gov. Baldacci visits Sargent's excavator attachment facility

Maine Governor John Baldacci visited Sargent Corporation's excavator attachment facility in Stillwater in April to congratulate the company on its expansion.

The 6,000 sq. ft. addition to the welding shop was built last fall to fabricate excavator buckets for Wimmer International, an Austrian manufacturer of couplers, buckets, and other attachments for excavators.

The shop includes a computer-controlled "burn table" for cutting parts out of 3/4" steel plate and a 400-ton press break for bending the steel for buckets.

Gov. Baldacci said the expansion highlights the important role of enterprising small-business owners in advancing Maine's economy.

He pointed out that if every small business in Maine added one person to its staff, it would go a long way toward counteracting the decline in employment at Maine's paper mills and other manufacturing businesses.

Herb Sargent, president of Sargent Corporation, said the Governor's visit wasn't intended to be a big show—"just a little bit of good news for the area."

Herb told the Bangor Daily News that five employees were working at the facility, but he said the employment total could increase to as much as 20 once the economy improves.

"[The bucket fabrication business] faces the same economic situation as everything else," Herb says. "We're short on orders, but we're not heavily staffed either. The shop is currently busy doing repair work for our own equipment. It looks like we might get into building some trench boxes in the next few months, which will help offset any slow times in the bucket manufacturing business."

Herb said Alois Wimmer, the founder of the company, visited the Stillwater fabrication shop shortly after it became operational last November and was very happy with what he saw.



Herb and Gov. Balcacci share a lighter moment.

“He was very satisfied with the product that was put together and the way the shop was set up,” Herb said. “The relationship between Sargent Corp. and Wimmer has gone very well. We and they are simply waiting for more orders to come in.”

Welding foreman Marcel “Red” Rancourt and machinist Earl Boobar visited the Wimmer headquarters and fabrication shop in Thalgau, Austria, for training in January.



TV reporter interviews foreman Marcel “Red” Rancourt.



Sargent crews install underdrain pipe in January 2009 as part of phase one.

Sargent completes Phase 1, working on Phase 2 for Brewer PK-8 school

Sargent Corporation has completed the phase 1 site work for the new PreK-8 school in Brewer and is currently doing the phase 2 site work.

Sargent was the general contractor for phase 1 and is a subcontractor to Nickerson & O’Day on phase 2.

Phase 1, which began in September 2008, included demolition of the old Pendleton Street School and the adjacent track and field facility, construction of building pads for the new school and a new track, and construction of an 800 ft. retaining wall (16,000 sq. ft.) on the west side of the site.

The project required 100,000 yards of excavation, 70,000 yards of granular material, and 9,000 feet of storm drain piping. Work was completed on phase 1 in February.

Phase 2, which began in May, includes foundation excavation for the new building; off-site improvements, primarily on Parkway South; building site work, including landscaping and paving, and construction of a new 6-lane quarter-mile track and other track and field facilities.

Completion of phase 2 is scheduled for June 2010.

Chris Lynch is the project superintendent, Ian McCarthy is the project manager, and Kevin Gordon is the operations manager. Foremen are Richard Gushue, Chris Bailey, and Eric Burgess. Mike Vining was the estimator.



A CAT 315 installs filter media in the bio-retention cell next to the retaining wall that Sargent constructed on the west side of the site.

Sargent's earth-moving fleet: the best equipment with the best people

Visitors to the Sargent Corporation website can see for themselves that the company has a large fleet of heavy earth-moving equipment—22 bulldozers, 37 excavators, 18 off-road haul trucks, and much, much more.

What the website doesn't show, at least not directly, is that the fleet is growing.

Herb Sargent, President of Sargent Corporation, says the company has made significant additions to the fleet over the last three or four years, but especially last year, when it purchased two bulldozers, including a 146,500 lb. CAT D10R with ripper, eight 35-ton haul trucks, four loaders, an excavator, a tractor with two scraper pans, five dump trucks, a 55-ton low-bed trailer and a tractor to haul it, a screening plant, a portable crusher, three water tanks, 11 pieces of GPS equipment, and several other items.

The process has continued during 2009, with purchases of two more bulldozers, eight more excavators, three more loaders, two smooth-drum rollers, and three more dump trucks.

Maintenance and equipment manager Tim Richards says that some of the equipment purchases were intended to replace older models that were ready to be retired. But a number of the purchases reflect a desire to own more equipment and become less reliant on rental equipment.

"We feel strongly that the rental market isn't going to be where we need it to be," says Herb. "We think dealers are going to have less inventory, and we want to have the equipment available to us."

Herb describes the equipment pur-

chases as "an investment in the future," which he thinks will help Sargent Corp. bid more competitively.

For example, he points out that if a D8 or D10 bulldozer or off-road trucks aren't available for rent, it affects how the company has to bid.

"We know that we have these large bulldozers and haul trucks available to us because we own them in our fleet," Herb says. "We're confident that we have the

best people to run them, and we think it's going to help us be more competitive in the long run. We know what it costs to run these pieces, and we don't have to wonder what the rental market will do—whether the equipment will be available or what the rates are going to be. We feel that having the equipment in our fleet gives us a leg up when there's a large job, or if several large jobs come up—we know we have the equipment available."



Bulldozers and off-road haul trucks in the Sargent Corporation yard in Stillwater after winter overhaul.



Loaders and excavators in Stillwater await assignment in April.



The availability of these excavators and bulldozers will help Sargent be more competitive in the long run.

Sargent off to good start on Kibby Wind Power project

Sargent Corporation crews have gotten off to a very good start on the Kibby Wind Power project, one of the biggest and most challenging projects ever undertaken by the company.

Sargent is a subcontractor to Reed & Reed of Woolwich, ME, on the project.

The owner is TransCanada, a leading energy infrastructure company that generates power using natural gas, nuclear, coal, hydro, and wind generation.

The project is a wind farm with two ridge lines, "A" ridge on Kibby Mountain and "B" ridge on Kibby Range, about five miles to the south. Each ridge line will have 22 Vestas V-90 wind turbines rated at 3 megawatts each. The ridges are in Kibby and Skinner townships in Maine, about 16 miles north of Stratton on Route 27.

When completed, the wind farm's 44 turbines will produce enough clean, renewable electricity to power more than 50,000 average Maine homes, or all the households in Franklin, Oxford, and Somerset counties.

Between the two ridge lines, the project will involve almost a million yards of rock

excavation and an additional 300,000 yards of earth excavation. Most of the work on "A" ridge will be at elevations between 3,000 and 3,800 feet; on "B" ridge, the elevations will range from 2,500 to 3,200 feet.

The "A" ridge will be traversed by 5½

miles of roadway constructed with 16" of crushed gravel; the "B" ridge will have a similar roadway, 10 miles long. The gravel will be produced from the excavated rock.

Sargent crews started working on "A" *(Please turn to next page)*



Gary Rollins operates a Komatsu PC600 on "B" ridge during the spring of 2009.



Tim Richards' solution to the crews' need for an all-terrain fuel truck.



Ledge excavation on "A" ridge during December 2008.

Kibby wind farm

(Continued from preceding page)
ridge on September 8. The roadway and the 22 tower foundations on “A” ridge required 350,000 yards of rock excavation and 100,000 yards of earth excavation.

In constructing the roadway, the crews had to protect the naturally occurring water flows down the side of the mountain.

Operations manager Colby Currier said the Land Use Regulatory Commission (LURC) is particularly concerned about subterranean flows—areas where the water flow runs on top of the rock but below the surface.

“As we cut these roads in on the side of the mountain, LURC doesn’t want us to create a ditch that will carry the water down the road a few hundred feet and then have it cross the road through a culvert,” said Colby. “LURC wants the water to be able to flow directly down the mountain.”

As a result, the crews had to locate the subterranean flows while grubbing the mountainside, and then place either a “rock sandwich” (a layer of fabric, 2-3’ of 3/4” crushed stone, and another layer of fabric on top) or large pieces of blasted ledge under the roadway to allow the water to run underneath.

Colby said LURC has jurisdiction over the project because Kibby and Skinner townships are unorganized territories. LURC required a third-party inspector to visit the project once a week to see where the crews had placed the rock fill or rock sandwiches under the roadway.

Sargent crews were able to complete about 4½ miles of the “A” ridge roadway before the project shut down for the winter on January 17. Work on the last mile started on April 20 and was completed at the end of May.

The crews were also able to complete the excavation for nine tower foundations prior to December 12, the last day that Reed & Reed was able to pour concrete.

“Reed & Reed wanted to get a head start on the tower foundations,” Colby said. “We started late in the year, and the end of the concrete window comes fairly early in Kibby. Their original goal was to pour concrete for five foundations; they were



Glen Adams gathers existing topographical information on “B” ridge during the spring of 2009.

happy to get nine foundations completed.”

The tower foundations are about 20’ in diameter and about 5’ thick.

* * *

In addition to the work on “A” ridge, Sargent crews had to widen and improve nine miles of existing woods roads—7½ miles of the Gold Brook Road and 1½ miles of the Spencer Bale Road—so that they can be used to deliver the tower units to the two ridge lines, starting June 1.

The upgrades were completed before the project shut down for the winter. The roads are now 24’ wide with additional gravel and ditching on at least one side and sometimes on both sides. A total of 160 culverts were either extended or replaced.



A blasting crew from Maine Drilling & Blasting drills on “B” ridge. The access road is on the left.

Where the roadway couldn’t be widened to 24’, because of a brook on one side or a narrow bridge, turnouts were constructed.

For most of the fall, Sargent had five different excavator crews working on the road upgrades so they could be completed in 2008

Completing the access road upgrades



Map shows location of Kibby Wind Power project, with "A" ridge to the north on Kibby Mountain and "B" ridge to the south on Kibby Range.



Harvey Holmes plows the road on "A" ridge with a heavy-duty, all-wheel-drive Oshkosh plow, which was purchased to keep the roads open on the Kibby project so the crews could work during the winter.

was important for several reasons.

First, the upgrades made the roads more accessible earlier this spring by helping them dry out quicker.

Second, with the delivery of wind turbine components scheduled to start June 1, there wouldn't have been much time to do the work this spring.

The trucks delivering the tower units will need the wider roadways. Each tower unit weighs almost 300 tons and will require ten truckloads to transport the component parts. The turbine blades are about 150 feet long, and the heaviest component, the nacelle, weighs 77 tons and requires a truck with 19 axles.

Colby points out that the trucks carrying the tower components will have to share the road with logging trucks, because both Gold Brook Road and Spencer Bale Road are active woods roads that serve ongoing logging operations.

"When [Reed & Reed] starts hauling tower components, they'll have to coordinate with the woods operation," Colby said. "Trucks bringing in tower components will have the right of way, but those trucks and the trucks bringing out wood will have to communicate with each other."

* * *

During the winter, a subcontractor to the owner started clearing operations on "B" ridge. By the time mud season arrived, they had cleared about 75 percent of the project area on Kibby Range.

In February, Glenn Adams and Mark Wright of Sargent Corp. started surveying on "B" ridge to make sure that the topographical data matched what the company had in its design.

Around April 1, Sargent mobilized erosion control crews to start putting up silt fences and water bars, etc., so that erosion control features would be in place when land clearing operations began.

Sargent's permit said excavation work couldn't begin until April 20. However, late in the winter, while the ground was still frozen, the company put a major fleet of heavy equipment on "A" and "B" ridges to ensure that the crews could get started as early as possible.

The equipment included the CAT D10, CAT D8, Komatsu 600, and CAT 345, plus eight off-highway haul trucks, and a couple of CAT D6's.

Colby said the decision was a calculated risk.

"We knew we wouldn't be able to haul big pieces of equipment up to the ridge

lines during mud season," he said. "By having the equipment already there, we thought we would be able to get people back to work earlier. On the other hand, if it was too muddy, the equipment would be stranded and not able to work. For the most part it worked out very well."

Colby said the crews started grubbing on "B" ridge April 27, started drilling and blasting on April 29, and start moving rock May 4.

With 10 miles of ridge line, "B" ridge will require 535,000 yards of rock excavation and 200,000 yards of earth excavation. The goal is to have the roadway and tower excavations on "B" ridge substantially completed by early fall.

Final completion of the project will be in 2010.

Work is also continuing on "A" ridge. The crews still have 13 foundations to excavate, and all the foundations have to be backfilled. Trenching has to be done for underground electrical lines from towers to the roadway, and a lot of slopes need to be dressed up and gravel touched up.

Dee Hobart is the project superintendent for Sargent, and Louie Hebert is the project manager. Steve Perry and Dave Preble were the estimators.



Dan Mosholder in the CAT D6T and Adam Evans in the CAT D6N push and grade the 10⁻⁷ clay layer.

Sargent nearing completion on new cell at King and Queen landfill

Crews from Sargent Corporation's Mid-Atlantic Division are nearing completion of a new 14.2 acre cell at the King and Queen landfill in Little Plymouth, VA, about 40 miles east of Richmond.

Work on the project began January 12. The anticipated completion date is the end of June, about a month and a half ahead of schedule.

The cell is the second in a row that Sargent has done at the landfill, which is owned by Republic Services (formerly BFI Allied Waste).

The project required 241,000 cy of excavation, 71,000 cy of 10⁻⁷ clay, 37,000 cy of leachate collection stone, and 8,600 feet of leachate collection pipe.

The crews also had to install a pump house and construct a new 3,000-foot 2-lane aggregate roadway.

Project manager Troy Corey said the crews were ahead of schedule because they exceeded the anticipated production rates on soil excavation, clay placement, and processing of the clay.

He said the crews encountered several soft areas within the cell subgrade and had to put in an underdrain system that collected all the groundwater and



Foreman Roland Cloutier in the CAT CS-563E tries to keep up with the clay placement in preparation for upcoming rains. With crews placing clay at a record pace, the processing and compaction crew had to maintain a high performance level.

allowed it to drain back towards the proposed location of the sump to be pumped.

Terry Watts is the project superintendent; Ricky Powell and Roland Cloutier are the foremen.

Pat Dubay was operations manager.

Key operators on the project were Bryan Smart, Dan Mosholder, and Adam



Bryan Smart in the CAT 345D L excavator loads a 4 Volvo A35D truck. The excavation crew moved 241,000 cubic yards on time and within budget.

Evans. Rear dump drivers were Robert Haynes, Jimmy James, Matt Leeman, and Chris Pollard.

Work completed on Sam's Club fueling station in Sterling, VA

Sargent Corporation has completed work on a new Sam's Club fueling station in Sterling, VA, two weeks ahead of schedule and in time for the grand opening on April 28, 2009.

The contract was awarded on November 13, and work started on December 11.

The original completion target of January 2009 was extended to the end of April because of initial start-up delays caused by permitting issues and the requirement for a pre-construction meeting.

Site preparation on the 1.45 acre site included excavation for three 20,000-gallon underground storage tanks and backfilling with pea gravel. The excavation required a hoe-ram because of rock at the project site.

The project also included installation of:

- Six fuel dispensers.
- The three underground fuel tanks, with fiberglass piping for vapor recovery and triple-wall flex pipe for product delivery to the dispensers.
- A 9'x24' kiosk building.
- A 55'x100' canopy with concrete footings and roof drains.
- 320' of new concrete sidewalk and 100' of new asphalt sidewalk.
- 160' of 8" PVC sanitary sewer line, which was tied into the existing sewer main, and 50' of 4" PVC sewer service to the kiosk.
- An extensive storm drain system that was tied into the existing storm drain by 285' of 15" RCP. The storm drain system included a 28'x70' underground detention system with an 8" thick concrete slab and a 6½'x85' sand filter device.
- Water service to the kiosk, including tie-ins to the existing 10" water main and 100' of 1" copper pipe to service the kiosk.

The fueling work, including electrical and concrete work, was subcontracted to a fueling professional who has been in the petroleum business for many years.

Construction of the kiosk, canopy, and sidewalks were also subcontracted, as was the landscaping work at the end of the project.

Sargent crews completed the site grading, subgrade prep, stone gravel placement, and installation of the sanitary sewer, storm drains, and water lines, along with the other miscellaneous items to help our subcontractors meet completion. The crew included foreman and surveyor Adam Tenan, foreman Tim Cray, and Jamie Blanchard, Dave Walker, Tony Cox, Gerald Tuck, and Josh Buzzell.

Dan Kochis was the field superintendent. Justin Porter was the foreman/SWPPP supervisor and the key person for coordinating with Loudoun County for permitting and with Wal-Mart subcontractors.

Pat Dubay was the operations manager; Travis Ridky was the project manager.



The completed gas station is now serving Sam's Club customers.



Sargent crews spread stone in preparation for asphalt paving, as work continued on landscaping of the perimeter areas and completion of the kiosk and canopy areas.



Sargent crews install the sand filter stormwater device that leads to the underground detention system.



Jake Harris shoots the grade at the Calais sewer improvement project.



New traffic lights reduce the need for flaggers on the project.

Sargent returns to Calais to complete sewer project

Sargent Corporation crews have returned to Calais to complete the 2008 Sewer Improvements project that they started last fall.

The \$2.34 million project was awarded in September, which meant that the crews had a limited amount of time before shutting down for the winter.

They selected one street—Cleveland Street—and installed sewer and storm drain on that part of the project until the paving plants closed in late November.

Work on the project resumed in mid-April.

The project includes installation of 1,800 feet of 8" sewer pipe, 550 feet of 10" pipe, 4,000 feet of 12" pipe, 500 feet of 15" pipe, 2,500 feet of 4" home service connections, 1,500 feet of 12"-30" storm drain pipe, 26 sewer manholes, and 28 storm drain manholes.

About 2,500 feet of the sewer improvements are being installed along Route 1, which is a busy thoroughfare.

Sargent Corp. has purchased a temporary traffic signal system, so the crews can set up lights at both ends of the work area. The system will be used in areas where the sewer line installation results in one-way traffic. The signals are timed, just like street lights, so traffic approaching the construction zone will be told whether to proceed or wait by the traffic signal.

"This is an investment for the future," says Jim Conley, operations manager for the project. "It will be

beneficial on many project to come by reducing the need for flaggers."

Blasting for the project is being done by Maine Drilling & Blasting of Gardiner.

Jim said a lot of the pipe that Sargent is installing is in the same location as the existing pipe, some of which is asbestos concrete pipe. Workers assigned to the project received eight hours of training on April 27 to allow them to handle the asbestos concrete pipe.

"We're limited in what we can do with the asbestos pipe, but the training allows our people to remove it and dispose of it at a landfill," Jim said. "We can't cut it or work with it, but we can handle it."

The project will require a total of 4,000 yards of 3/4" stone, 6,500 yards of gravel, and 4,000 tons of paving.

Bob Jardine is the project superintendent, and Doug Morrison is the project manager. The pipe foremen are Jim

Legasse, Jake Harris, Josh Boobar, and Ken McIver. The estimator was Dave Preble.

The owner is the City of Calais. The engineer is Olver Associates.

The planned completion date is late July.



Greg Packard finishes the rip rap ditch leading to the outfall at the river.



Sargent crews set up 6" and 4" bypass pumps due to high flows.



Sargent crews backfill the foundation.



Pier installation at the Scarborough Wal-Mart.

Sargent completes site work and SWPPP monitoring at Scarborough Wal-Mart

Sargent Corporation has completed the building site work and the Stormwater Pollution Prevention Plan (SWPPP) monitoring for the new Wal-Mart Supercenter in Scarborough, ME.

The building contract was awarded to Callahan Construction in June 2008. Sargent was a subcontractor to Callahan for the phase 2 site work, which was completed in December 2008.

The store held its grand opening on April 29.

Steve St. Peter was in charge of SWPPP compliance for Sargent. After Sargent's work was done, Steve remained on-site, as Wal-Mart elected to keep the SWPPP in place during the remainder of the building construction and then through



The Gallery Boulevard west entrance.

the post-construction phase of the project.

Steve continued to monitor SWPPP compliance through the end of May and was the last person to leave the project. He was also responsible for SWPPP monitoring during the initial site preparation part of the project in 2007.

Sargent's scope of work during phase 2 included excavation and backfill for all interior plumbing and electrical work, excavation and backfill for the interior columns, and fine grading of all the slabs.

The project included more than 5,000 feet of underslab utilities—electrical and plumbing—and 3,000 feet of underdrain piping. The project also required about 8,000 yards of structural fill (aggregates) for the slab.

Peter Broberg was the supervisor and foreman on the project. Colby Currier was the operations manager, and Louie Hebert was project manager. Steve Perry was the estimator.

Sargent did most of the phase 1 site preparation work for the project during 2007. Late in 2007, Wal-Mart asked Sargent to do the foundation work for the building as an add-on to the phase 1 contract. Sargent crews started the foundation work in November 2007 and completed it by the end of December 2007.



Crews install the segmented retaining wall drainage system.



CAT 325 excavator and 966 loader take a cut out of the south truck access road.



Komatsu BR580 jaw crusher makes type D gravel.



Komatsu BR580 jaw crusher and JCI cone crusher make type A gravel.

Sargent crews do U.S. Customs station

Sargent Corporation crews have been working since spring 2008 on the site work for a new U.S. Customs station at the Canadian border 17 miles north of Jackman on Route 201.

Sargent is a subcontractor to JCN Construction of Manchester, NH, on this large-scale project. Sargent's portion is valued at \$5.4 million.

Most of the project is on ledge. The contractor had to maintain traffic flow and access to customs facilities while constructing new access roads and buildings at the site.

The project was planned in several phases, with completion originally scheduled for the end of 2010. Working with the engineers and JCN, Sargent was able to value engineer and re-phase the project so that the site work should be completed by fall 2009, with a small amount of clean-up work remaining for the spring of 2010.

The site work included 70,000 yards of excavation, with about 30,000 yards of excavation to be hauled off-site. About 20,000 yards of ledge was crushed and used on site for aggregates; the remainder will be placed in the cut-to-fill areas.

In addition to drilling, blasting, and removing the rock, Sargent's scope of work included excavation for the foundations for new buildings.

The project also includes installation of 3,500 feet of storm drain piping, 5,000 feet of underdrain pipe, 48 drain manholes, 45 box culverts for storage and treatment of storm-water prior to discharge, a new sewage pump station and disposal field, 11,000 feet of utility lines (electrical, telephone, communications), 2,000 feet of water

ing site work on new ion near Jackman, ME



Box culverts for the underground stormwater pond.

service pipe, and 180 feet of sewage pipe.

Sargent crews will also drill a new well on the site and do the final paving.

Operations manager Jim Conley said one unique aspect of the project was that crew members had to work right up to the border.

“We told people when they come up to the job, they should bring a passport or birth certificate and keep it with them, just in case they wandered over to the other side of the border and had to come back across to re-enter the United States,” he said. “Fortunately, we haven’t had any problems so far. I think the Customs people have gotten used to us being there.”

Jim added that Sargent also had to coordinate with the contractor from Quebec who was doing work on the Canadian side of the border.

“Some modifications to the grades were needed where the U.S. and Canadian portions of the project met at the border,” he said. “We had some interesting meetings with our counterparts—they don’t speak English and we don’t speak French. But the coordination has gone very well, at least at our level.”

Dee Hobart was the superintendent for Sargent when the project started in the spring of 2008. Tim LePage became supervisor in July when Dee was assigned to a different job.

The project manager is Doug Morrison. Mike Vining was the estimator.

The project was shut down for the winter in December and re-started in mid-April.

The owner is the federal government’s General Services Administration.



Crane sets the first box culvert for the underground stormwater pond.



A crushing operation and cut area.



Four weeks into building construction, an excavator operated by John Dwinells excavates for interior column footings, while a rubber tired excavator operated by Mitch McLaughlin cleans up the building exterior.

Sargent crews complete building site work for Hooksett Wal-Mart

Sargent Corporation crews have completed the building site work for a new Wal-Mart in Hooksett, NH, just north of Manchester.

Sargent was a subcontractor to Bast Hatfield, Inc., of Halfmoon, NY, on the project.

Sargent crews were responsible for excavation and backfill for the perimeter foundation and interior piers, installation of about 3,500 feet of underslab plumbing and electrical utilities, and grading for all pavement and sidewalks adjacent to the building.

Work on the project started around Labor Day and was completed by the end of May. The store's grand opening is scheduled for July 13.

The back half of the building was set on ledge, so the design provided for a 9" layer of crushed stone with an underdrain system between the ledge and the slab. That way, if groundwater came up through the ledge, the underdrain system would carry it off before it could seep through the slab.

Operations manager Colby Currier said the crews initially had to drill and blast for utility excavation in the ledge at the back half of the building. Once the utilities were in, the crews installed the stone and underdrain piping on the ledge. Then, they placed structural fill in the front half of the building to get up to subgrade for the slab.

By the time the crews were ready to do the underslab utilities in the front half of the building, the granular fill had frozen. The general contractor brought in heat wagons and laid hoses onto the ground in a big coil



The front parking lot has been paved and striped, and site lighting is operational. The building itself is near completion.

and covered them with a frost blanket. Hot liquid was pumped through the hoses to take the frost out of the ground.

Colby said snow removal inside the building was a particular challenge, because the building didn't have a roof until January.

Wal-Mart originally planned to build a 195,000 square foot building, but then decided to downsize it to 156,000 square feet. Because of the change in plans, the steel for the building construction had to be re-ordered, resulting in about a month's delay in steel deliveries.

The first snowfall of the season left 3½" of snow on the Manchester-Concord area on December 17. Subsequent storms dumped 6½" of snow on December 19, 2" on December 20, and 10" on December 21. With no roof, the snow accumulated on the interior work area.

That meant Sargent crews had to figure

out how to go about removing the snow from inside the building, where all the utilities—the plumbing pipes and electrical conduit—were sticking out of the ground.

How do the crews remove snow under those conditions?

"Very carefully," says Colby. "There's no easy way. You have to be very careful not to damage the piping or the conduit."

He said the crews used Skid Steers and I-Hi's, and did a lot of hand shoveling. In some areas, 2x4s were used to mark clusters of utilities so snow removal equipment wouldn't damage pipes or conduit.

Tracey Hines was the project superintendent for Sargent, Louie Hebert was the project manager, and Matt Thibault was the SWPPP superintendent. The foremen were Billy Ruff, Bobby Mann, Justin Ellsworth, Seth Watts, Robbie Jardine, Chris Horton, and Bob Lavigne. Mike Vining was the estimator.

Sargent crews constructing 6.5 acre landfill cell for Lewiston

Sargent Corporation crews are busy constructing a new 6.5 acre lined landfill cell for the city of Lewiston.

Work on the project began last fall and was suspended for the winter months. Crews were back on the job May 1 and are expected to finish the cell by August 2009.

Some clearing was required at the start of the project, and about 1,000 yards of rock had to be removed to get to subgrade layer.

Then, because of the terrain, the crews had to bring in 56,000 yards of common borrow granular fill to bring the cell up to subgrade and build a berm, as the cell was located on a side hill.

“The major challenge was to get the 56,000 yards of common borrow in during the fall before shutting down for the winter, so we would be in a position to move onto the clay liner and synthetic liners in the spring,” said operations manager Jim Conley. “We had to jump on it pretty hard last fall in order to be in a position to finish the job easily this summer.”

The crews also built a new access road last fall that required 7,000 yards of gravel, 10,000 yards of excavation to fill, and 3,000 feet of leachate collection piping. A total of 18,000 yards of sand was screened in Sargent’s Auburn pit.

The liner for the cell is being constructed this spring and summer. It will require 22,000 yards of clay and two synthetic liners, along with a leak detection system between the liners.

The original plan called for a final layer of 8,800 yards of tire chips, but the owner decided to switch to crushed stone after the contract was awarded.

The superintendent for Sargent Corp. is Mike Light. The project manager is John Sturgeon, the site engineer is Travis Fernald, the foreman is Jeff Bennett, and the estimator was Dave Preble.

The value of the project is \$3,363,000.



Sargent crews work around stockpiles of processed rip rap and loam as they place common fill in the new cell during the fall of 2008. On a clear day, Mount Washington is visible in the background.



Gerald Grindle uses a CAT D6N with GPS to place the secondary clay layer on the south berm and cell floor in June 2009. Ron Hall is on the sheepsfoot roller and Vicki Patchell is on the smooth drum roller. In the foreground, a 290 Volvo excavator operated by Steve Renaud exposes the liner tie-in.

Sargent nearing completion on building site prep for new Ellsworth Wal-Mart

Sargent Corporation crews are working on the building site preparation for the new Wal-Mart at the Acadia Crossing development in Ellsworth.

Sargent is a subcontractor to Hutter Construction of New Hampshire on the project, which will complete the Wal-Mart portion of the 63-acre Acadia Crossing site.

Sargent’s scope of work includes 6,000 yards of excavation for the foundation, 10,000 yards of structural backfill,

installation of 3,325 feet of underslab utilities, and installation of 2,000 feet of 6” footing drain.

In the course of the project, Sargent crews will process, load, haul, and place 21,000 yards of aggregates.

Work on the project started December 2008. The crews had to deal with winter conditions, which impacted the project considerably. The building was closed in during late March, and the crews recently

completed grading inside the building.

The final steps will include paving around the perimeter of the building and installation of guard rails and fencing.

The project is scheduled to be completed in July 2009.

Eric Clark is the superintendent; John Sturgeon is the project manager, and Josh McLaughlin, Rick Clement, and Jake Harris are the foremen. Dave Preble was the estimator.



A 30" layer of rip rap was placed in the outlet swale.



The anti-seep dam on the outlet pipe.

Heat from compost layer prevents building pad from freezing at

Erosion control, an on-site sewage system, and the use of compost to keep the building pad from freezing are among the highlights of Sargent Corporation's current site preparation project for the new Hannaford supermarket in China, ME.

Work on the project began in late fall 2008. Sargent was required to complete the building pad and have the site accessible to the building contractor by February 1 to allow for a store opening in early September. That milestone was achieved.

After the building pad was constructed,

Sargent crews covered the building foundation footprint with 600 yards of compost in a layer about one foot thick to keep the ground from freezing.

Operations manager Jim Conley said the compost layer was put in place early in January, when there was already 8 to 12 inches of frost in the ground. When the building contractor arrived in early February to start the foundation work and the compost was removed, the ground was completely unfrozen because of the heat generated by the compost.

The compost came from the Hawk Ridge composting facility in Unity, which is operated by New England Organics.

"A representative from Hawk Ridge came to the project and asked us if we'd be interested in using the compost," Jim said. "We presented the idea to the owner, who agreed to try it. It was extremely successful and allowed the owner to move onto phase 2 [the building construction] without delay. It eliminated the need to use ground heaters or other means for removing the frost."



Sargent crews use a CAT sheepfoot vibratory compactor on the stormwater detention pond.



Sargent crews install a 6" DI pond drain line.



Sargent crews install 6" underdrain piping.

new Hannaford project in China

The site work required 23,000 cubic yards of excavation, all of which was used on the site for fills, 24,000 yards of granular borrow, 8,000 yards of gravel, 4,500 yards of topsoil, and 7,000 feet of storm drain.

Throughout the project, Sargent crews have been vigilant in addressing environmental concerns.

"The project is located in a sensitive watershed area at the end of China Lake, surrounded by sensitive wetlands," Jim said. "Erosion control and stormwater management are issues that we have been paying close attention to."

Because the site is connected to municipal sewer or water services, the project includes on-site sewage disposal and three 10,000-gallon cistern tanks for fire protection.

The sewage system includes a pump station to pump sewage from the building to a Bio-Clear treatment system, a series of tanks that filter and disinfect the sewage prior to sending it to the leach field.

The cistern tanks will be supplied with water by an on-site well. In the event of a fire, water will be pumped from the tanks to the store's sprinkler system.

Sargent crews will construct a large stormwater detention pond with piping, stone, and clay for the discharge of the stormwater.

The project will also include off-site improvements to the intersection of Route 32 and Routes 3, 202, and 9 that will consist of changing traffic patterns, traffic signals, new islands and curbing.

Sargent crews suspended work on the project early in February, shortly after the building contractor arrived on site. They resumed work on the site in mid-April. The majority of Sargent's work will be completed by August.

Sean Milligan is the site superintendent for Sargent, and John Sturgeon is the project manager. Mike Vining was the estimator. The paving subcontractor is Marriner Inc., of Rockport.



Josh Messier shapes the ditchline with his Liebherr 914 excavator, while a Bancroft crew pours pier footings.

Sargent completing site work for CMP's Bigelow substation

Sargent Corporation is nearing completion on the sitework for Central Maine Power's Carabassett-Bigelow substation in Carabassett Valley, ME.

Sargent is a subcontractor to Bancroft Contracting of South Paris on the project, which involves upgrading and expanding an existing substation, in part to handle electricity generated by the Kibby windpower project.

Work on the project began April 6 and will be completed by mid-June.

Initially, Sargent did some groundwork to accommodate a temporary substation that CMP brought in for the duration of the project.

After power was switched to the temporary substation, Bancroft demolished the old substation building.

Sargent crews then came in to do the concrete demolition and to prepare the site for the expanded substation.

The project included:

- Ditching and backfilling to expand the footprint of the substation.
- Excavation for the new ground network.
- Concrete foundations for the new substation building.
- Concrete foundations for a new small electrical building.
- Construction of an entrance to the substation and a parking area.

Operations manager Colby Currier said the crews had to pay close attention to environmental safeguards, as the site was very close to a stream and wetlands.

He added that the crews also had to coordinate their activities with CMP operators and maintain a proper safe distance from overhead power lines while operating their equipment.

Dee Hobart is the project superintendent; Louie Hebert, project manager; Clayton Wight, primary foreman; and Glenn Adams, surveyor. Mike Vining was the estimator.



Shannon Higgins uses the CAT D6R to push the overburden and stay ahead of the clay mining operation. Crews were forced to a new borrow area when the clay from the existing borrow area was used up.

Clearing contractor's quick response keeps Sargent on schedule for construction of 11.8-acre cell at Lawrenceville, VA landfill

Quick response by a clearing contractor helped Sargent Corporation keep on schedule for constructing a new 11.8-acre cell at the Lawrenceville, VA, landfill.

The landfill, located about 75 miles south of Richmond, is owned by Republic Services (formerly BFI Allied Waste).

Work on the landfill cell started February 16. The project will be completed by the end of June.

The project required 25,000 cy of excavation to fill, 40,000 cy of clay for the compacted clay layer, 31,000 cy of leachate stone, and 3,700 feet of 8" leachate collection pipe.

Project manager Troy Corey said Sargent crews were excavating clay from the borrow area when test-pitting operations indicated that there was not going to be enough clay material for the project.

Sargent Corp. had to work with the owner, the engineer, and the owner's testing firm to find a new borrow area. After a site meeting, it was determined that a 9.3-acre parcel adjacent to the existing borrow area should have a sufficient amount of clay to complete the project.

Troy said Sargent called on Phillips and Jordan, a clearing contractor that Sargent has worked with on a number of projects.

"They stepped up to the plate on short notice and took care of the clearing for us," Troy said. "One day after we notified them of the work we needed done, they had equipment on-site. They had the area cleared and grubbed in just four days."



Foreman Scott Bartlett checks the top of the clay elevations behind James Burnette in the CAT D6N to make sure the clay is ready for final certification before the liner crews arrive.

John Leeman is the project superintendent for Sargent, and Art Robinson and Scott Bartlett are the foremen. Pat Dubay is the operations manager.

Key operators on the project are Dave

Walker, Jamie Blanchard, James Burnette, Shannon Higgins, and Anthony Cox. Rear dump drivers are Josh Buzzell, Javier Reyes, and Victor Sanchez.



Dave Walker in the CAT 330CL excavator loads clay from the borrow area into a CAT 735 truck. Dave and the foreman had to keep a close eye on the clay as the clay seams were not very thick.



A Sargent Corp. CAT D6N dozer fine grades the protective cover layer at the Bear Island Landfill.

Sargent completes 4-acre cell at Bear Island Landfill 4 months ahead of schedule

Sargent Corporation has completed a new 4-acre cell at the Bear Island Landfill in Hanover County, VA, four months ahead of schedule.

The company received the notice to proceed on October 13, 2008. Substantial completion of the synthetic-lined fly ash cell was achieved on February 27, 2009.

The project included seven acres of clearing and 77,000 cy of common excavation to stockpile (for sediment pond and cell excavation).

Sargent crews imported and placed 7,500 cy of sand for the drainage layer in the cell, and hauled 4,000 cy of on-site material from the stockpile for the protective cover layer.

The crews also installed 600' of 8" HDPE leachate collection pipe, 1,100' of 8" HDPE leachate gravity main, 550' of 2" HDPE leachate force main and a pump station, 2,500' of V-shaped ditches (either concrete-lined or grass-lined), and 200' of RCP culvert road crossings.

The liner system included 161,500 square feet 60 mil smooth and textured HDPE liner and 161,500 square feet of 6 oz. filter geotextile.

The excavation was performed using three Volvo A35 rear dumps with a CAT 345 excavator. A CAT 330 excavator was used for a portion of the project as well.

The leachate gravity main was installed using a CAT 345 and a CAT 330 excavator, with a CAT 325 excavator for backfilling. A slide rail shoring system was used due to the depth of excavation, which ranged from 8' to 19', and the high ground water table.

Jeff Marsh was the superintendent, Pat Dubay was the operations manager, and Travis Ridky was the project manager.



Sargent crew installs the gravity leachate main using a slide rail shoring system.



Sargent crews install the 60 mil liner.

UMaine grad student designs new Sargent Corp. website

Sargent Corporation's website has the same address—www.sargent-corp.com—but almost everything else about the site is new.

The new website, which was designed by a University of Maine graduate student, was rolled out in February, 2009.

Christie Glidden, Operations Administrative Assistant, said Sargent Corporation decided to develop a new website because the old one was very outdated and not user-friendly.

"We wanted a new, fresh look with current pictures and information," she said. "We wanted people to be able to visit our website and get a feel for what Sargent Corporation is all about, and to see the types of projects that we do."

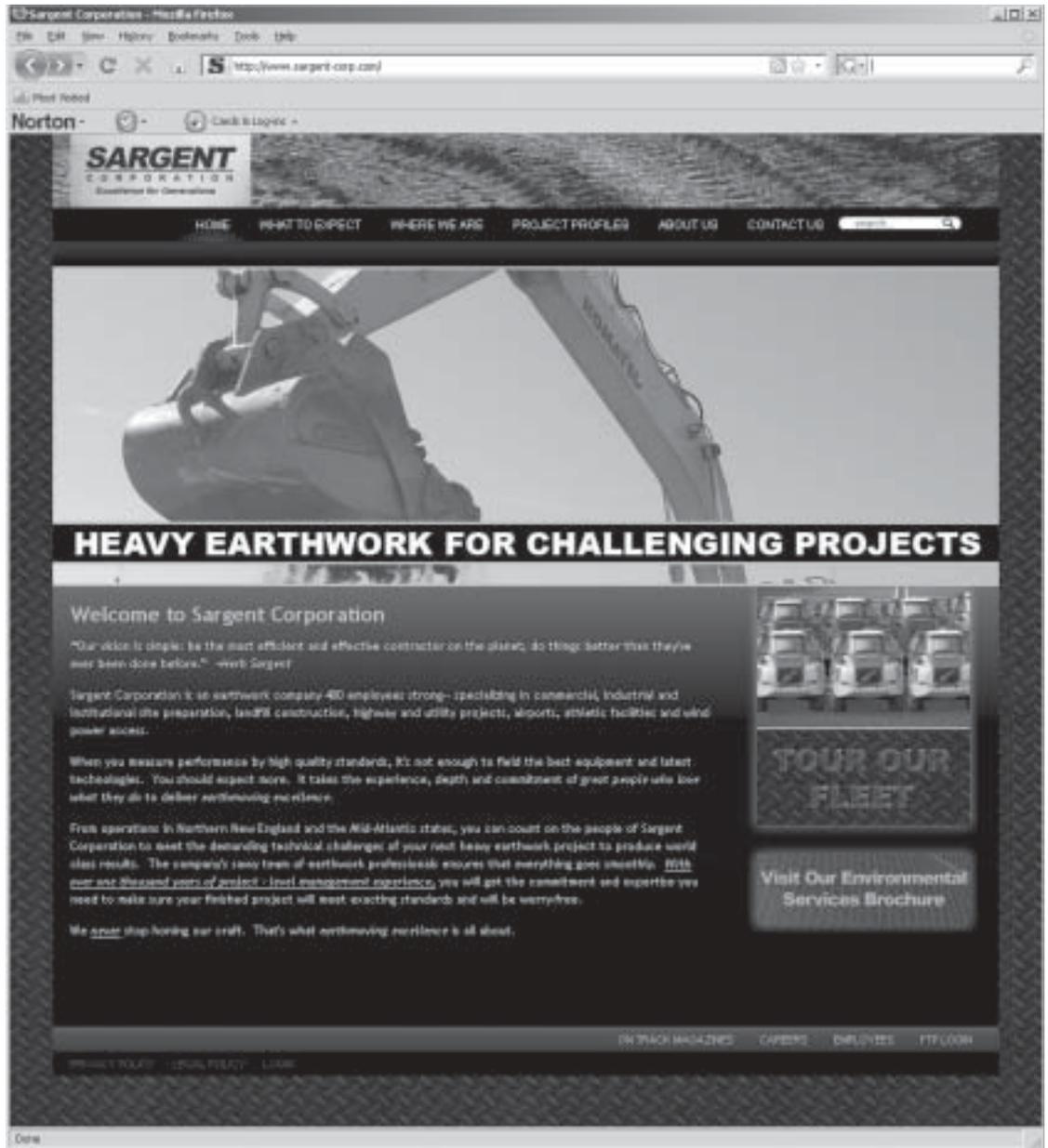
The website includes a "Project Profiles" page, where people can browse Sargent Corporation projects by job type, and actually pull up or print out an information sheet on specific jobs that the company has done. Each profile gives dates, size of the job, owner and engineer contact info, pictures, and a brief description of the job.

The website also touches on Sargent Corporation's history, how the company has advanced over time, and what customers can expect and receive.

"I think Herb says it all on the home page," Christie says:

"Our vision is simple: be the most efficient and effective contractor on the planet; do things better than they've ever been done before." —Herb Sargent

Christie said the company also wanted to make the new website more functional overall and more "user friendly" for other stakeholders, including employees, prospective employees, neighbors, customers, and members of the public with an interest in Sargent Corporation.



The home page of Sargent Corporation's website, www.sargent-corp.com.

- Employees have an area where they can obtain directory and benefit information, contact the wellness coach, access the employee handbook, and review and manage their 401(k) account.
- People interested in working for Sargent Corporation can download an employment application or fill out a form on-line to receive an application in the mail.
- Subcontractors and suppliers can log on to an FTP site (user name and password required), where they can access drawings, specifications, and project documents for specific jobs.

The website also provides access to past issues of ON TRACK, the company magazine, dating back to October 2005.

The website was created by Nathan Hankla, a graduate student at the University of Maine who has formed a multimedia company, versionZero, which is located at the University of Maine's Target Technology Incubator at 20 Godfrey St. in Orono. VersionZero's website is www.ver0.com. (Note: the "0" in "ver0" is the numeral "zero." If you use the letter "o", you'll be directed to the website for Vero Beach, FL.)

Sargent Corporation 401(k) Update

In the Fall 2008 ON TRACK, we dedicated a page to discuss the Sargent Corporation 401(k) Plan, market conditions and ways to contact Fidelity. We feel it is important to give you as much information as possible, since your 401(k) is most likely going to be the primary source of money to fund your retirement. With this in mind, we want to provide periodic updates and point you toward any available resources as you continue to invest and plan for your retirement.

Sargent Corporation's 401(k) Committee

The 401(k) Committee continues to meet and review the investment options offered to employees in the plan. The members of the committee are currently Herb Sargent, George Thomas, Tim Folster, Karen Littlefield, Lynne Churchill and Jason Frederick. The purpose of the committee is to oversee the investment options available to employees, review the performance of the funds offered in the plan, address any compliance issues associated with new and changing regulations, and monitor the overall quality and structure of the Sargent Corporation 401(k) Retirement Plan.

Please feel free to call any of us if you have questions, concerns or feedback regarding past changes or future items you feel the committee should consider. If there are any specific topics you think would be beneficial, please contact us and we will try to include it with the next ON TRACK.

Should I continue to contribute to my workplace savings account?

The following was offered as an answer to this question in an article titled, "Top 10 questions on the minds of 401(k)/403(b) participants."

"We do not recommend that you stop contributing to your workplace savings account because of market ups and downs. Retirement, depending how far away you are from it, is generally a long-term investment. By investing regularly over months, years, and decades, you can potentially benefit from a volatile market through dollar cost averaging. By contributing a set amount in each of your plan investments every pay period, regardless of how the market is doing, your money buys more units of each investment option when prices are low, and fewer when prices are high. In the end, you generally pay a lower average price per share than if you invested all your money at once. More importantly, you avoid the temptation of trying to time the market. Dollar cost averaging does not ensure a profit or guarantee against loss in declining markets. For the strategy to be effective, you must continue to purchase shares both in market ups and downs."

You can find the complete article on the Fidelity website at www.401k.com.

If you are currently contributing to your 401(k), we encour-

age everyone to stick with it – you'll never regret saving too much for retirement.

If you are not currently participating, remember you are eligible to enroll on the first of every month by contacting Fidelity.

Year End Bonus Match

As many of you are aware, Herb made the decision to fund a year end bonus match for the 9th year in a row. He continues to show his dedication to making sure we all have an opportunity at a long and comfortable retirement. This match is in addition to the regular match and was given to all employees participating in the Sargent Corporation 401(k) Plan.

Fidelity Presentations at the Startup Meetings

At the startup meetings this year we had two presentations provided by Ken Patterson of Fidelity Investments.

The first presentation of the day was called 'Finding the Right Investment Strategy,' with the goal of educating participants on how to determine an appropriate asset allocation, how to apply that well-diversified strategy to your workplace savings plan, and techniques for managing your account. Many of you have seen this or a very similar presentation in the past but it is always good information for us all to hear again and consider.

The second presentation was on 'Taking Charge of Your Financial Fitness.' This was a topic the 401(k) Plan Committee was happy to see, as it fit in with an unstable economy. In addition, financial stability was an item we identified as important as it relates to the health and well-being of our employees and fits with our Dig in for Health Wellness Program. As we all know, financial troubles can make healthy living or good habits seem like a secondary concern.

Even though some of the information at these seminars may seem confusing or appear daunting when thrown at us all at once, there are many helpful resources available. Below are three different ways to get in contact with Fidelity, where you can find educational material, receive investment advice or make changes to your retirement plan.

Contacting Fidelity

- **By phone: 1-800-835-5097** (8 am to midnight, EST). A professional customer service representative will be available to assist you and answer any questions you may have regarding your 401(k) retirement plan.
- **On the Internet:** www.401k.com. Here you can manage your account, view educational materials, use on-line workbooks to track your progress and e-mail a customer service representative.
- Visit a **Fidelity Investor Center**.

'Dig In for Health' – Your Sargent Corporation Wellness Program

Wellness program goal: helping people pursue healthier lifestyles

At Sargent Corporation, we place a great value on the safety, health, and well-being of our employees. That's why we offer the "Dig in for Health" wellness program.

The program is designed to create an environment that encourages both a safe and healthy workplace, while promoting good health and good habits at work and at home. In addition, the wellness program provides information and resources to help both employees and spouses understand their health risks and pursue healthier lifestyles.

As Herb Sargent has stated at start-up meetings and on other occasions, "This plan is intended to create positive change for both the company and its employees. Our top priority is to help employees live a full and healthy life."

Sargent Corporation employees and their spouses are eligible to participate. A total of 297 employees and 38 spouses are participating in the program at this time.

Wellness services are provided by Occupational Medical Consulting (OMC) of Leeds, ME, a firm that specializes in occupational health and wellness services.

OMC has assigned us a full-time Health Educator, Derek Hurst, who brings health education to the field. Derek has an office in Stillwater, but travels to job sites to meet with employees. He meets with spouses in Stillwater and at various other locations.

Derek's goal is to help employees and spouses identify and prioritize their individual health risks. He will work with you to set reasonable, sustainable goals toward good health, and he will provide follow-up services to help you track and measure your progress, assess your personal goals, and overcome barriers to positive behavior change.

There is no cost for joining the "Dig in for Health" wellness program. To encourage participation, Sargent Corporation provides a \$25 gas card at your initial visit, a



Sargent Corporation's wellness program

A message from Herb Sargent

In the spring of 2007, we instituted a Wellness Program at Sargent Corporation. As I have said at the various start-up meetings, this plan is intended to create positive change for both the company and its employees. Our top priority is to help employees live a full and healthy life.

free Healthwise Handbook at your follow-up visit, and a yearly \$100 incentive payment to each employee who actively participates. Spouses who are on Sargent Corporation's medical plan will also receive the \$100 incentive payment if they actively participate.

When you first enter the wellness program, you will meet with the health educator for an initial interview to determine your risk status. You will have the opportunity to talk with the health educator on issues important to you.

After joining the program, you will have follow-up meetings with your health educator to track and measure your progress and/or alter your personal goals.

"Dig in for Health" also provides blood pressure and cholesterol screenings, and you can talk with Derek about healthier life-style choices, health concerns, stress-related concerns, family health concerns, or any other health topic that is important to you. You can also talk with Derek about smoking cessation support.

Time spent with the health educator is considered part of an employee's regular paid work time.

For more information about smoking cessation, see the Q&A on the opposite page.

To schedule an appointment or to get additional information, call Derek at 1-207-827-4435, ext. 301. Derek's e-mail address is dhurst@omcwellness.com.



Our Health Educator, Derek Hurst, travels to job sites to meet with employees. If you haven't met with Derek and would like to, contact him at dhurst@omcwellness.com or call 207-827-4435, ext. 301, today!

'Dig In for Health' – Your Sargent Corporation Wellness Program



Cecil in cardiac rehab.

After triple-bypass surgery, Cecil Kershner says he wishes Sargent had wellness program 15 years ago

Cecil Kershner, a long-time excavator operator for Sargent Corporation, spent 10 weeks in the hospital last year, including eight weeks in intensive care, because of a staph infection that followed triple bypass surgery.

A year later, he says he's still in the cardiac rehabilitation program at Inland Hospital in Waterville. However, he was released to return to regular employment last fall, and he worked as an operator from October 9 to December 12.

But Cecil says the whole episode might have been avoided if Sargent Corporation's "Dig in for

Health" wellness program had been in place 15 years ago. If he'd been encouraged to take up a program of exercise and proper diet when he was younger, he might have been able to prevent his arteries from clogging up.

Cecil says doctors advised him to have the bypass surgery when they found that two of his four heart arteries were 95% blocked and a third was 85% blocked. He said that might not have occurred if he had exercised regularly and ate better when he was younger.

(Please turn to next page)

Questions & Answers about . . . SMOKING CESSATION



Q. How many participants in Sargent's wellness program are smokers, and how many are trying to quit smoking?

A. Of the 297 employees in Sargent Corporation's "Dig in for Health" wellness program, 26% currently smoke and another 6% have quit for at least a month but have not been tobacco-free for 12 months, which would allow tobacco use to be removed from their risk score. This is higher than the national average of around 22%. About 15% of participants use chewing tobacco, some of whom probably also smoke.

Q. What help is available if I want to quit smoking?

A. All wellness program participants can receive Nicoderm patches or Nicorette gum at no cost. In addition, employees who are on Sargent's medical plan have available to them, by prescription only, the use of the medication Chantix at only the cost of the copay. This is a great benefit, as many companies do not include this medication in their prescription benefits. The Maine Tobacco Helpline is also available at 1-800-207-1230.



Q. Is there anything else you do to help me quit?

A. Yes. As anyone who has ever tried to quit smoking knows well, it is a very difficult thing to do—and it's a lot harder if you try to "go it alone." One of the most important things we do as part of the wellness program is to help you develop a "quit plan." When you try to quit smoking, you will be faced with many challenges, and you'll find yourself in many situations where you will be tempted to resume smoking. Having a plan to deal with these challenges and situations is the most important thing you can do to improve your chances for success. In fact, this is the initial requirement before a participant can receive the gum or the patches. Statistics show that having a plan of attack combined with a cessation aid results in a far greater success rate than the use of any tobacco cessation product alone, regardless of which cessation aid you use.

Q. Have people been able to quit smoking through Sargent's wellness program?

A. Yes. Since the program started, we have seen 13 individuals quit smoking and remain tobacco-free for at least one year, a reduction of 12.5%. Looking forward, there are 19 individuals who have been tobacco free for at least 1 month, working hard to battle the habit and looking forward to being able to call themselves a "non-tobacco user." Again, after one year of remaining tobacco-free, the risk will be removed from a participant's total risk score.

The Herb Sargent Way



United Way of Eastern Maine

2008
COMMUNITY FUND AWARD

Presented to

SARGENT CORPORATION

In special recognition of your employees' outstanding contributions to United Way of Eastern Maine's Community Fund—the best way to help the most people in our community.

Thank You!

George F. Eaton
2008 Campaign Cabinet Chair

John D. Kuropchak
President, United Way of Eastern Maine

Thanks for help with nature park in Brewer

Thank you for your support of our efforts to create a nature park in the Sherwood Forest neighborhood of Brewer. I know Sargent Corporation is extremely busy at the Pendleton Street School site and under pressure to complete as much as possible before winter closes in. Despite your busy schedule, your superintendent Chris Lynch was very receptive to our request for assistance. He provided a machine and a very competent operator to place fill material over a large section of the trail. The operator, Josh Towle, did an exceptional job under difficult and wet conditions.

This project is a great example of how residents, City officials and civic-minded businesses can all work together to improve the community. Thank you again for your company's assistance with this trail project.

—Ronald F. Harriman

FPL Energy Maine lauds Sean Milligan's commitment at Ft. Halifax Dam

FPL Energy Maine Hydro LLC decommissioned the Fort Halifax Dam located on the Sebasticook River in Winslow, Maine, in 2008.

Sargent Corporation, our contractor for the decommissioning work, was originally awarded the work for the removal of the dam

 structure and related

appurtenances. Due to the project schedule and associated time constraints, Sargent was also awarded the work to remove and replace the Town of Winslow's upstream sewer line in addition to the embankment work associated with the Fort Hill Cemetery and Dallaire Street.

Sargent Corporation's superintendent, Sean Milligan, was responsible for executing the work outlined in both the original and the extended scope of work for the project. Sargent was faced with many challenging circumstances during the decommissioning activities, which included:

- river flows within the Sebasticook River that exceeded expected seasonal flow rate by more than an order of magnitude;
- backwatering due to flooding conditions within the Kennebec River;
- an emergency residential evacuation during the breaching process;
- the presence of unexploded ordnance of an unknown origin and the subsequent site

After triple-bypass surgery, Cecil Kershner says he wishes Sargent had wellness program 35 years ago

(Continued from preceding page)

Cecil, who turned 69 in April, has been an active participant in the Sargent Corporation wellness program since he got out of the hospital.

"It's a wonderful program," he says. "Everybody should get involved, especially if they're overweight."

When Cecil had his bypass operation, he weighed about 265 lbs. When he left the hospital 10 weeks later, he weighed 206. He's been working hard at maintaining that weight level.

"I exercise and I pay attention to my

diet," he says. "You don't have to work hard, but you have to be aware.

Cecil was born and raised in Plymouth, and he now has a small farm in Palmyra. He enjoys doing the farm chores, which keep him active and working outside.

Cecil started working for Sargent in 1960 and has been a Sargent employee for 39 of the last 49 years. He left the company a couple of times but has been working for Sargent for the last 14 years.

His father, who was also named Cecil, was a long-time Sargent employee who retired in the 1950s.

The Herb Sargent Way

evacuation and shutdown; and,

- evolving project priorities and timelines.

Sean's performance throughout the project was very responsive and professional. It was readily apparent that Sean was committed to both Sargent and FPL Energy Maine Hydro LLC to complete this project in accordance with the specifications and project schedule despite the difficult circumstances. We respectfully submit this letter in recognition of his commitment to FPL Energy Maine Hydro LLC.

—Christopher L. Allen,
General Manager, Maine Hydro

Maine Discovery Museum says thanks for donation

On behalf of everyone—staff and Board—at Maine Discovery Museum, thank you for your gift to the children's museum.

I'm so grateful for your belief in our mission and confidence in our ability to serve the public. And I'm doubly grateful that



Sargent Corporation's business has been strong, enabling you to make the gift! It speaks volumes about the quality of your leadership and of Sargent's standing in the nation.

Please let me know if you can use free passes to the museum for your employees—we'd be delighted to send them along.

—Andrea Stark, Executive Director

Lewiston says thanks for job well done

The City of Lewiston wishes to thank you and the rest of your project team for completing such a successful project for us. The Water St. Storage Facility was a complex and unusual project that involved many different aspects of construction, from earthwork to electrical. Sargent handled the project as though this type of work was done every day.

Your superintendent, Sean Milligan, was always professional in dealing with me, neighbors, Camp, Dresser and McKee and anyone else who showed up on site. He is very knowledgeable and always willing to put in the extra effort to do things right without argument. There were many subcontractors on this project and Sean did a great job coordinating the schedules and keeping quality control. I



also think that having a professional engineer as project manager is a huge asset that none of the local contractors could offer. You did an excellent job with the tons of paperwork required by the specifications.

Comments from everyone at the City and elsewhere that I heard were all positive. Even with homes and businesses 30 feet away, complaints were minimal and quickly resolved by Sean. The project was completed several months ahead of schedule and well under budget. It was quickly tested, with 41 inches of rain in the six months it has been online. 22 million gallons of combined sewer were captured and treated during that period, rather than dumping straight into the Androscoggin River.

Congratulations on a job well done, and we took forward to working with you on another project in the near future.

—Jeffrey Beaulé, P.E.

Thanks for scholarship

I am a recipient of the Herbert E. Sargent Scholarship For the 2008-2009 academic year. I'd like to thank you for your generous contribution to my education at the University of Maine.

I am currently in my second semester of my junior year, still pursuing a degree in social work. I have been doing my junior field placements for the last six weeks and I am very happy to say that each time I go to the placement, I am more and more interested in social work. I was at DHHS in Bangor for three weeks and that was by far my favorite placement. My mom and dad, Karen and Dale Rustin, tell me I am crazy for wanting to work there, they are of course just kidding. They tell me I am a special person for truly loving to help people in that manner. In the fall, I will begin my senior field placement. Senior field placement is one placement for at least sixteen hours a week at one agency for one academic year. I am very excited about this and I hope to be placed at DHHS.

I am currently working for McKay's Shared Living Services at a day program for adults with developmental delays. I really enjoy it and have learned a lot. I am also coaching a local middle school cheerleading team. This year the team had two competitions, they placed second at the first competition and first at the second competition. It was an amazing season and I am proud to say that I was a part of it!

I cannot thank you enough for all of your support in my college career so far. You will be happy to know that last semester I received a GPA of 3.75. I was so proud of myself, and I hope to keep up the good work. I am working

very hard to make myself and others proud and also to set a good example for my team and others who look up to me.

Thank you again. I genuinely appreciate all you have done for me and my family. My dad talks very highly of you!

—Nicole Rustin

Excellent job at Colby's Harold Alfond Stadium

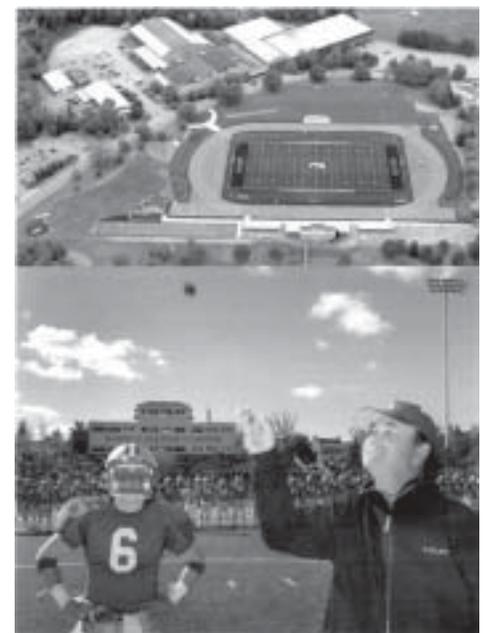
I wanted to take this opportunity to thank you and your team for the excellent job you just completed at the Harold Alfond Stadium at Colby.

I remember meeting you when I was with my Dad at the dedication of the Harold Alfond Baseball Diamond at the John Winklin Baseball Complex at Husson College. The Huards and UMaine's athletic director, Blake James, have always spoken highly of you personally as well as professionally. I also have received many positive comments now from Colby Staff, including Pat and Dale, concerning the "team spirit" your company exhibited throughout the project.

We know your team worked long hours and long weeks to ensure that a very difficult scope of work was accomplished in a short summer. In particular, thanks go to Mike Light for his on-site supervision and to Jim Conley and Doug Morrison for their extra efforts in keeping change orders and costs down.

I thought you would enjoy the below pictures of the new stadium, including one of me flipping the inaugural coin toss, and then an aerial shot.

—Bill Alfond





THIS VIEW FROM KIBBY MOUNTAIN was taken by project superintendent Dee Hobart last winter during site preparation work on the Kibby Wind Power project in Kibby and Skinner townships in Maine, about 16 miles north of Stratton on Route 27. Story, more photos on pp. 7-9.



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