

THE GEO-SAMPLER

geotechnics
geotechnical and
geosynthetic testing

NOVEMBER 2007

Welcome to a truly grateful edition of the GeoSampler. Why grateful? Well, for starters it is the season for it, and second, because it's a great segue for our theme - gratitude, that state or feeling of being thankful for something. It can be for something as profound as one's good health, or something as benign as the fact that this newsletter isn't in, oh, let's say Portuguese. So, in that spirit, we'll talk a bit about what gratitude is and why it's important, as well as a little history behind one of the sources of it.

THAT'S GRATITUDE FOR YA'

"The deepest craving of human nature is the need to be appreciated." Credit for that bit of insight into the human psyche goes to American psychologist and philosopher, William James. And while the saying might make a great page for a quote-a-day calendar, perhaps for some day in January or August (actually, any day other than April 15th would probably do), it turns out that there may be more behind this feeling of thankfulness. A lot more.

First of all, let's not confuse the feeling of gratitude, which is positive, with that of indebtedness, which is seen as more negative reaction to a favor. An obligation, if you will. You know, the kind of feeling one has when one starts paying back a loan. No, gratitude is a far more pleasant experience. And, frankly, it's something that we humans feel and express quite often. In fact, a 1998 poll found that a majority of American (67%) said they express gratitude toward others "all the time." Beat that, France.

So, what are the motivating factors behind gratitude? Psychological research has uncovered four of them. It found that a person is more likely to experience gratitude when he or she receives a favor that is perceived to be (1) val-

ued by the recipient, (2) costly to the benefactor, (3) given with benevolent intentions - meaning he or she is seeking nothing in return, and (4) given gratuitously (rather than obligatory). And even the slightest act of kindness can spur this feeling. A 1995 study found that restaurant patrons left bigger tips when their servers simply wrote "Thank you" on the checks. Just something to chew on the next time you dine out.

But feelings of gratitude can lead to much more than just healthier paychecks for those in the food service industry. It can lead to healthier lives for everybody in any industry. Now, while anyone could, and should, experience and express it, there are those of us who tend to do so more than others. Those people who do are more likely to be happier, more helpful and forgiving, and less depressed than their less grateful counterparts. That, in and

of itself, is something for which to be grateful. In other words, the next time someone doesn't show gratitude for something you did, just be thankful you're not him or her.

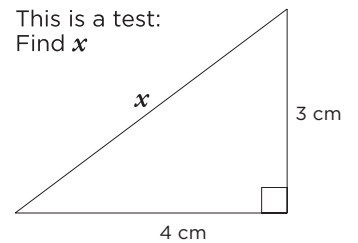
So there you have it. Gratitude. It's a very good thing. Now, aren't you grateful you read this? You're welcome.



Grateful Dead or Grateful ghost is a folktale present in many cultures throughout the world. The most common story involves a traveler who encounters a corpse of someone who never received a proper burial (usually because of a debt). The traveler then either pays off the dead person's debt or pays for burial. The traveler is later rewarded or has their life saved by a person or animal who is actually the soul of the dead person.

**Always remember
you're unique, just like
everyone else.**

This is a test:
Find x



You're Not A Kid Anymore When...

1. Your biggest concern about dancing is falling.
2. Your back goes out more than you do.
3. You no longer laugh at Preparation H commercials.
4. You have a dream about prunes.
5. You tell the barber to comb it over the best he can.
6. Your Chihuahua weighs more than 25 pounds.
7. Digestion is a consideration when reading a menu.
8. You are alarmed by how young your doctor is.
9. You wear knee high stockings with everything.
10. You find no humor in bladder control jokes.
11. You can't climb a tree... even with a ladder.
12. You don't like to drive after dark.
13. Nobody ever tells you to slow down.

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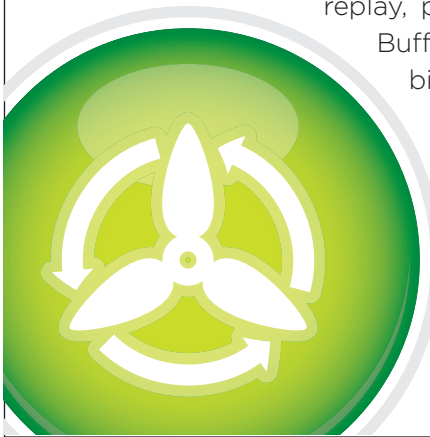
LOTS TO BE THANKFUL FOR

This time of year, we always spend a few moments here at Geotechnics thinking about all the things we're grateful for. Turns out, the page isn't big enough to list them all, but here's a start. Feel free to give us a call to add your two cents worth of gratitude. We'll be thankful to hear from you.

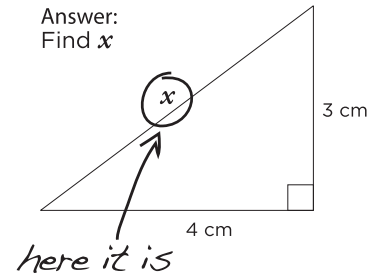
Sliced bread, dental floss, Pittsburgh's North Shore Connector project, sunny days, pre-Thanksgiving football games, post-Thanksgiving naps, landfills, Gina Lollobrigida, Oreos, Double-stuff Oreos, cool feats of engineering, a cold drink on a hot day, a hot drink on a cold day, power tools, geosynthetic clay liners, microwave ovens, televised poker, Atterberg Limits, online shopping, online poker, nuclear gauge safety, girls in white dresses with blue satin sashes, microwave popcorn, happy endings, fine dam projects, GPS systems, the cool breeze in our hair, hair, poker night, highway renovations, instant replay, pencil sharpeners, reduced-fat Twinkies,



Buffalo, Buffalo wings, being in the field, coming home from being in the field, big tall stacks with lots of concrete samples, friday, the wind for lots and lots of windmills, big bags to hold large grain size samples, bubblegum, slurry walls, galvanized tubs, galvanized tanks, horsepower, galvanization, various waste generating industries, odor eaters, light weight concrete, forklifts, fermentation, automated fax machines, spell check, caller ID, four wheel drive, insulated lunch buckets, #75 Sun screen, ionization nebulizers, Auto-Tron administrators, doughnut day, memos, Mentos, understanding heavy equipment operators, understanding family members, nuclear safety classes, driving schools, You, our loyal GeoSampler readers. Thank you.



Answer:
Find x



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