

MCG Gives Back

Giving back to the community is important to our culture, and we have fun doing it! In addition to the March of Dimes Mud Volleyball Benefit, MCG has recently sponsored other local community organizations including:



Breast Cancer Foundation



Harbor House
Orange County Center Against Domestic Violence



American Foundation for Suicide Prevention



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Benefits of Aerobic Exercise

Regardless of your age, weight or athletic ability, engaging in just 30 minutes of aerobic exercise – such as walking, bicycling or swimming – can help you live longer and healthier. During aerobic exercise, you start breathing faster and more deeply, maximizing the amount of oxygen in your blood. Your body eventually releases endorphins, natural painkillers that promote an increased sense of well being. Engaging in regular aerobic exercise can:

- Reduce health risks, such as obesity, heart disease, stroke and high blood pressure;
- Help lose extra weight and keep it off;
- Keep arteries clear, increasing concentration of high-density lipoprotein (aka “good”) cholesterol and decreasing concentrations of low-density lipoproteins (aka “bad”) cholesterol;
- Strengthen your heart;
- Boost your mood, reduce tension and promote relaxation;
- Increase your stamina and reduce your fatigue; and
- Stay active and independent as you get older, keeping your muscles strong, your mind sharp and reducing cognitive decline in older adults.

As always, check with your doctor before beginning an exercise program.

Source: MayoClinic.com



MONTGOMERY CONSULTING GROUP MOMENTUM

FALL 2007

PLANNING • CONSULTING
Transportation • Aviation • Infrastructure

MCG Sponsors Mud Volleyball at Florida’s Turnpike

Dig it. Bump it. Spike it. Win it! MCG was a co-sponsor of the Mud Volleyball Benefit. This sensationally filthy event was a fundraiser for the March of Dimes and featured various teams from the Turnpike Enterprise. Two of MCG’s employees, Mariel Gonzalez and Eric Pedrosa, got their toes in the mud as they lent their spiking skills to teams with names such as the Turn Spikers and Piker Spikers. Over 1,500 attended this benefit, and it really was a great, muddy success!



MCG Recieves Honorable Mention

MCG recently received honorable mention in *The Zweig Letter* as one of the fastest growing A/E/P and Environmental Consulting firms in the United States. *The Zweig Letter* is published by ZweigWhite, a nationally recognized business consulting firm that specializes in management practices of architectural, engineering, planning and environmental firms. This is the first time MCG has been recognized in the “Hot Firm” list.



We’ve Moved!

Our corporate offices moved from Winter Park, FL where we had been located for 7 years, near to where MCG was founded 12 years ago. Our new location is at 341 N. Maitland Ave. Suite 340, Maitland, FL 32751. Our telephone and fax did not change.



Client Chronicle: Luc Carriere, Hole Montes, Inc.

Luc Carrier is Vice President of Hole Montes Engineering, Inc. MCG has been fortunate to work with Luc often during recent years on several projects for Lee County Port Authority's Southwest Florida Int'l Airport (RSW), Page Field Airport (FMY), and projects for Collier County Airport Authority's three general aviation airports. Most recent projects include the development of Pavement Management Systems for FMY and RSW, a Leasehold Market Survey at RSW and a Blue Water Research Study at RSW.



Luc Carriere

Luc has been keeping busy on projects that include the development of a general aviation terminal and corporate hangar at Page Field Airport, runway rehabilitation and terminal expansion at Southwest Florida International Airport and an airfield lighting project at Naples Municipal Airport.

Luc is originally from Valleyfield, Quebec, Canada located along the St. Lawrence River, about 30 miles southwest of Montreal. He graduated with a Bachelor's Degree in Civil Engineering from New Jersey Institute of Technology in the early 70's and stayed there to complete his graduate studies.

Luc is married and has two children, one a graduate of and one attending University of Miami, FL. In his free time, he enjoys boating, fishing, sailing, hiking, skiing and woodworking. When he was younger, Luc was a ski instructor. He must have been good at it, because he skied Mt. Washington from top to bottom! Nowadays, he enjoys skiing in Sun Valley, Idaho on his winter vacations. Luc lived in Maine for a long period and then decided to move to sunny Florida. He has built three homes in his lifetime.

Luc's favorite restaurant is Carmines in the Upper West Side in New York City. He's a big fan of Clint Eastwood and enjoys classic rock bands such as The Eagles and Crosby, Stills, Nash and Young. Luc's greatest claim to fame to date: attending Woodstock in 1969!

Florida's Turnpike Hits the Big 5-0!

The Sunshine State Parkway opened in 1957 as 110-mile stretch of roadway extending from Golden Glades in Miami to Fort Pierce. The Florida State Turnpike Authority, now called the Florida Turnpike Enterprise, controls the development and maintenance of this historic roadway. The second section from Ft. Pierce to Wildwood was completed in 1964, and by 1974, the final 47-mile Homestead Extension from Miami to Homestead was opened.



Every day more than 1.8 million drivers use the Turnpike's system of toll roads which include the 312-mile mainline stretching from North Central Florida to the top of the Florida Keys and nearly 150 miles of connector highways and expressways throughout Central and South Florida.

Since 1990, the Florida Turnpike has opened nine new system interchanges, completed many widening projects and made substantial improvements to the roadway, tolls and service plazas. In 1999, the Sunpass Prepaid Toll Program created by the Florida Department of Transportation was implemented. Dedicated Sunpass lanes process up to 1,800 vehicles per hour – 300 percent more than a manual toll lane. Florida's Turnpike Enterprise pursues innovation and best private-sector business practices to improve cost effectiveness and timeliness in project delivery. MCG staff are proud to be a small part of the effort to support the Florida Turnpike. Happy 50th birthday!

MCG's Holiday Party

The 2007 MCG Holiday Party was held at Universal Studios, Orlando. MCG staff and guests were treated to an exciting performance by Blue Man Group, which combines music, comedy and multimedia theatrics to produce one of the most bizarre shows you can find. After the show, everyone was escorted to the Hollywood Suites inside Universal Studios to finish off the evening with dinner, drinks, and photos.



2007 MCG Holiday Party

DayJet Set for Success in Florida

DayJet Corporation announced this fall the launching of the world's first "Per-Seat, On-Demand" jet service in Florida. Using a dozen new Eclipse very light jets (VLJ), DayJet plans to offer DayPort facilities located in Boca Raton, Gainesville, Lakeland, Pensacola and Tallahassee, opening the doors for travel customization as this service tailors flights for business travelers with time constraints. With the company's flexible Time-Value Pricing™ structure, travelers with more flexibility in travel times are to receive a reduced airfare. To support maintenance of DayJet's fleet, the Southeast Eclipse Service Center was recently constructed at Gainesville Regional Airport.



Utilizing existing airports and negotiating access to airports and FBO facilities, DayJet plans to expand service within the next two years with dozens of additional DayPort locations across the Southeast, including Alabama, Georgia, Mississippi, North Carolina, South Carolina and Tennessee.

In order to attract DayJet operations, preferred airport infrastructure includes:

- Hard surfaced runway of 3,500 feet or longer,
- Secure perimeter,
- Runway lighting,
- Visible signage from interstate to FBO terminal,
- Sufficient paved ramp space,
- Sufficient space for a customer welcome desk,
- Jet A fuel, oxygen and nitrogen,
- Qualified FBO line personnel for fueling and towing,
- Fuel truck & power cart,
- Car rental and taxi service for passengers,
- Sufficient passenger seating, restrooms, and parking,
- Cost considerations for fuel, landing fees, and facility rental,
- T-1 broadband connection,
- IT back-up generator, and
- Lockable closet for server hardware.



Blue Man Group
got a Thumbs Up
from MCG staff!



Source: Blue Man Productions, Inc.

Colleague Chronicle: Lanny Brady, MCG, Inc.

Lanny Brady joined Montgomery Consulting Group as a Senior CADD Technician at Florida's Turnpike Headquarters in early 2006. Lanny's worked with CADD programs for over 25 years and holds 10 certifications.



Lanny Brady

Lanny was born in West Virginia, but spent much of his adolescent years in Ohio where his father was a school teacher and his mother a stay-at-home mom. Lanny attended high school in Tallahassee and became a member of the Tallahassee Youth Symphony playing string bass. After graduation, Lanny enlisted in the Navy and attended the Armed Forces School of Music. The Navy stationed him in Vietnam as an entertainer where he played trombone with a show band in cities along the seaboard. After his tour of duty with the Navy, Lanny returned to Tallahassee and then decided to move to Boston to begin his career. That brought him back to Ohio and then on to Texas, and finally back to Florida where he's been the past 20 years. Lanny has two homes, one in Rockledge and another in North Palm Beach.

Through the years, the talented Mr. Brady has been employed as a licensed contractor, a professional musician, a dock builder, a mechanical designer and a teacher. Lanny enjoys reading, mostly fiction and political fiction. He plays the keyboard and has been known to do some composing from time to time. Some of his favorite musicians include Mozart, Imogene Heap, Oscar Peterson, Janis Joplin and Dave Matthews Band, just to name a few. Lanny recalls a recent Stone Temple Pilots concert he attended, "I became the oldest living survivor of a mosh pit."

Lanny brings years of insight (and a great sense of humor) to Montgomery Consulting Group and we're certainly pleased to have such a balanced professional among our ranks.