

The Choice is Yours

A woman went to the doctor with a catalogue of complaints about her health. The physician examined her thoroughly and became convinced that there was nothing physically wrong with her. He suspected it was her negative outlook on life, her bitterness and resentment that was the key to her feeling the way she did.

The wise physician took the woman into another room in his office where he kept some of his medicine. He showed her a shelf filled with empty bottles. He said to her, "See those bottles? Notice that they are all empty. They are shaped differently from one another, but basically they are all alike. Most importantly, they have nothing in them. Now, I can take one of these bottles and fill it with poison – enough to kill a human being, or I can fill it with enough medicine to bring down a fever, ease a throbbing headache or fight bacteria in one part of the body. The important thing is that I make the choice. I can fill it with whatever I choose."

The doctor looked the woman in the eye and said, "Each day that we are given is basically like one of these empty bottles. We can choose to fill it with love and life-affirming thoughts and attitudes or we can fill it with destructive, poisonous thoughts. The choice is yours."

At work or at home, we can choose words and actions that will be life-affirming, positive and healing to ourselves and others, or we can conduct ourselves in a way that leaves our environment a bitter, poisonous and wasteful place for everyone.

If we are the source of negativity in our home or on the jobsite, we can empty these negative contents and fill it with something more positive, something that others will want to be a part of. The choice is ours to make. We don't have to remain negative. We can take on a positive attitude at anytime we choose.

VADA GROUP, LP



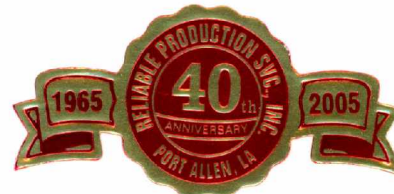
More U.S. Drivers Paying \$4 a Gallon for Gas.



NEW YORK (AP) - Higher costs are adding pressure to drivers planning road trips for the upcoming Memorial Day holiday weekend. Americans are now paying an average of \$3.79 for a gallon of regular gas. That's according to a survey by AAA and the Oil Price Information Service. Drivers in some parts of the country are paying considerably more. Pump prices in parts of California have been above \$4.00 a gallon for weeks now. Prices in Alaska and Connecticut are averaging just about \$4.00 a gallon statewide. The Lundberg survey shows pump prices averaging \$4.00 a gallon for the first time in two metropolitan areas: Chicago and New York's Long Island. It finds the cheapest city to be Tucson, Arizona, where a gallon of regular sells for \$3.48 on average.

By: Louis James

THE RELIABLE REPORT- Designed to inform Reliable Employees. For comments or suggestions, please contact Chris David (Safety Director) @ 937-6579 or Sharon Hebert (Systems Adm.) @ 343-3900



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RELIABLE DRIVERS

Pictured from left to right on the front are Leon Dixon, Leroy Duncan and Darrell Harris. From left to right on the back row are Andre Dixon, Jason Jack, Louis Powell and Leslie Dixon.

Darrell is the Truck Supervisor. He coordinates the daily operations of all truck activities, as well as all rental equipment. He started working on May 15th, 1980. Andre is the Assistant Supervisor. He helps Darrell with the day-to-day operations, as well as driving trucks and operating the rental equipment. He joined Reliable on January 17th, 2005. Leslie joined the same day as Andre, and operates all the same equipment. Louis came on board July 13th, 2005. He can be counted on during a rig move, to transport production equipment to field locations and operate the vacuum truck and rental equipment. Jason started on March 20th, 2006. He's right there with the other guys during the rig moves, as well as operating the vacuum truck when needed. Leroy came to Reliable on January 9th, 2007. He also helps move rigs and operates all the equipment. Leon began driving trucks and operating equipment for Reliable on November 2, 2004.



June Anniversaries

Ramona Hebert 31 yrs. 6/1 LRI
Glen Parker 28 yrs. 6/1 RPS
Louise Guidroz 26 yrs. 6/1 RPS
Robert Patin 12 yrs. 6/1 RAC
Lloyd Miller 29 yrs. 6/4 RPS
Michael Meredith 1 yr. 6/5 LRI
Veta Stokes 3 yrs. 6/6 LRI
Gregory Hollins 1 yr. 6/7 RPS
Ricky Carriere 5 yrs. 6/9 RPS
Jamie Boudreaux 5 yrs. 6/16 RPS
Brian Meche 5 yrs. 6/16 RPS
Samuel Meche 5 yrs. 6/16 RPS
Oreste Theriot 5 yrs. 6/16 RPS
Clarence Thomas 5 yrs. 6/16 RPS
David Hebert 5 yrs. 6/16 RPS
Richie David 2 yrs. 6/19 RPS
Elton "EJ" Ryder 1 yr. 6/19 RPS
Carl King 5 yrs. 6/30 RAC
Donald Aymond 31 yrs. 6/30 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

June Birthdays

Paul Marcantel 6/2 RPS
Doug Martin 6/5 RPS
Carla Hebert 6/20 RAC
Stanley Hargrave 6/21 LRI
Madelene Hill 6/23 LRI
Van Mires 6/26 RPS
Kathryn Bergeron 6/28 RAC
Ramona Hebert 6/29 LRI

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

"SAFETY FIRST"

Hurricane season officially starts June 1st and extends through November with the highest probability of a major hurricane occurring mid-August through the end of October.

ATLANTIC BASIN SEASONAL HURRICANE FORECAST

Named Storms – 15
Hurricanes – 8
Intense Hurricanes – 4



Hurricane Forecaster, Dr. William Gray, calls for a well above-average Atlantic basin tropical cyclone season in 2008.

Before Hurricane Season Starts, review your family/work hurricane plan.

During a Hurricane Watch, hurricane storm conditions are possible within 36 hours.

During a Hurricane Warning, hurricane conditions are possible within 24 hours.

After the Storm is Over, continue to listen to the radio, and do not venture out until the proper authorities have declared the area safe.

DISASTER SUPPLY KIT

- ☑ **Water:** at least 1 gallon daily per person for 3 to 7 days.
- ☑ **Food:** at least enough for 3 to 7 days. Nonperishable packaged or canned food/juices. Food for infants or the elderly. Nonelectric can opener.
- ☑ **First Aid Kit:** make sure prescriptions are filled and you have enough medicine to last a week.
- ☑ **Safety Kit:** keep a good supply of batteries for the flashlight and radio.

Be sure to charge all cell phones, fill all propane tanks, get cash (including coins), set your refrigerators and freezers to the coldest settings, and fill sinks and bathtubs to provide a supply of water.

There's No Better Time Than Now!

When I was a mere youth, I spent a lot of time and energy trying to impress others. My hope was that I would be well liked. You know, the old self-esteem had to be stroked to feel like I was somebody. Today, I still try to leave an impression on others, but not so much to be popular or to use it as a yardstick to gauge my self-worth. Experience is the teacher that prepared me for this graduation. That's what life and maturity will do for you. Still, there is no greater feeling than to know you are loved. The only thing that comes close is to show love. I'm always grateful for the friends who spend time worrying when they think I'm in need of their love. For those of you who do not call, e-mail, write, or even inquire about me, you get a second chance. I patiently wait, holding my breath, until you express your heartfelt concern for me, not! However, I do expect you to perpetuate or take the initiative, whichever one presents itself, to tell others how much they mean to you.



How many opportunities do we miss to complement others? When was the last time we gave someone a gift as a token of our appreciation? Don't let another day go by without expressing thanks to the people who make your life worth living. When you receive a call from out of the clear blue sky, relish that moment and then take your turn to make somebody's day. Give them a glimpse of what their eulogy will be like. Call a friend, teacher or family member that you haven't spoken to in months to tell them they are special to you. Recently, I took time to call an old theology teacher, whom at the time was a 'pain in my side', to tell her how much I now appreciate her polishing the 'diamond in the rough.' During our conversation, I learned how much joy it brings to a teacher to hear from a former student, even if that student wasn't her favorite.