

Designed For Value... Built For Life

THE Raymond Report

Winter 2008

Versatility With Room To Grow!



Central Baptist Church Educational Building Addition

Round Rock, Texas

Owner: Central Baptist Church, Round Rock, Texas
Architect: McM Architects, John Moman, Round Rock, Texas
Project Manager: Duane Oltmann
Superintendent: Johnny Palmer

This 36,000-square-foot, three-story facility was designed to serve as a dual purpose church/educational building, one of several planned building phases to meet this growing church's needs. (A Design-Build project)



Water's Edge Lutheran Church

Frisco, Texas

Owner: Water's Edge Lutheran Church, Frisco, Texas
Architect: Daniel Cook and Associates, Carrollton, Texas
Project Manager: Ron Harper
Superintendent: Ernest Castillo

Designed to attract the youth and families in the Frisco area, this unique 8,700-square-foot church facility is the first phase of three future additions for this rapidly expanding church.

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Time Management Tips For Busy People

Need to manage your workload? According to Robert Half International (www.roberthalf.com), you need to take the following steps to manage your work life:

- **Organize and get rid of the clutter.** Make two piles...important and unimportant. Deal with everything in the important pile that you can, and set aside some time to tackle the lower priority papers that still need to be dealt with.
- **Set task priorities.** Consider each task that needs to be done and ask yourself whether it needs immediate attention or can wait until later in the day.
- **Break large projects into smaller tasks,** then prioritize them as above.
- **Use tools that can help you save time and energy.** Don't choose electronic programs or devices that are complicated to learn or hard to use.
- **Get focused and refuse to become distracted.** Once you enter the flow of work, you might be surprised at how quickly you can get the work done.

Warning: Smoking Is Hazardous To Your Wealth

A study has found that smokers take almost eight extra days off per year than their nonsmoking colleagues. The results were published in *Tobacco Control*. The study analyzed work records for more than 14,000 workers in Sweden between 1988 and 1991.

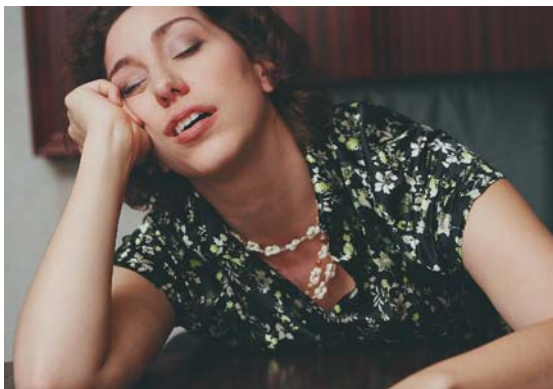
Feeling Blue?

If life is getting you down, it might be time for a quick fix. A sure way to change these kinds of feelings is to set your sights on another. Pick a person and make him or her the recipient of a random act of kindness. Small acts often work wonders. Give a compliment, offer help to someone struggling with a task, or give an inexpensive treat you know will be enjoyed. You'll likely lift the spirits of the other person as well as yourself.

Preventing The Dreaded Afternoon Slump

Dr. Jerry Teplitz, author of *Managing Your Stress: How To Relax and Enjoy*, offers these suggestions on how to avoid the dreaded afternoon slump:

Drink water. Drink at least eight glasses a day, and keep a water bottle at your desk so that you can sip throughout the day.



Avoid sugar and simple carbohydrates. You might get a quick boost from a candy bar but, over time, it will make things worse. Instead, choose lunch and snacks with whole grains, fruits and protein.

Eat small meals. Your body has to work hard to digest food. Instead of three meals, spread out six small meals over the course of the day.

Avoid standard fluorescent lights. If you can replace the bulb in your office with a full-spectrum fluorescent tube, you may find yourself feeling less tired in the afternoon.

Move around. Take a walk outside for 5 or 10 minutes a day to get your blood circulating, or at least run up and down the stairs for two minutes.



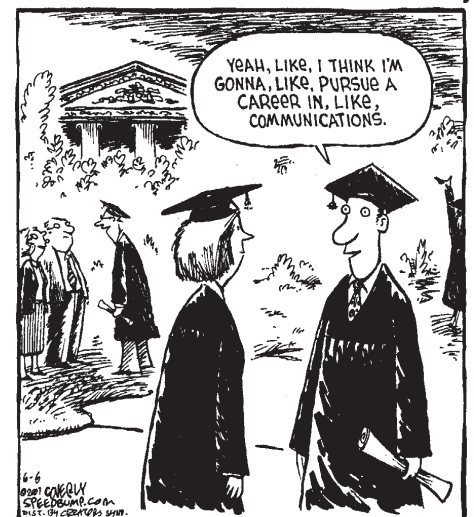
Now, That's A Snowman!

According to the *Guinness Book of World Records*, the world's tallest snowman was built on February 19, 1999, in Bethel, Maine. It stood 113 feet, 7 inches and was made out of 200,000 cubic feet of snow. Its carrot nose was constructed out of six feet of chicken wire; it had pine wreaths for eyes; six tires for a mouth; three tires as buttons; two 10-foot pine trees for arms; as well as a 20-foot fleece hat and a 120-foot knit scarf.

It took the town of Bethel 15 days to construct the snowman, which they named Angus, King of the Mountain, after Angus King, then governor of Maine. The town also held a raffle to guess the date when the snowman would be completely melted; 22 winners split the prize with a correct answer of June 10, 1999.

SPEED BUMP

Dave Coverly



Just How Much Do You Know...?

- 1) What state has executed more than 350 criminals since the death penalty was reinstated in 1976?
 - a) Florida
 - b) Texas
 - c) New York
 - d) Colorado
- 2) In Roman numerals, "CD" represents which of the following?
 - a) 150
 - b) 400
 - c) 550
 - d) 900
- 3) Better known for its food items, what conglomerate introduced the Wonderbra in 1994?
 - a) Campbell Soup Co.
 - b) General Mills
 - c) Hershey
 - d) Sarah Lee
- 4) Since 2000, which of these nations has exported the most passenger cars to the U.S.?
 - a) Germany
 - b) Canada
 - c) South Korea
 - d) Japan
- 5) What NFL team won a record 18 consecutive games in 2003-04?
 - a) Indianapolis Colts
 - b) Pittsburgh Steelers
 - c) New England Patriots
 - d) Green Bay Packers
- 6) Charles Lindbergh's famous solo transatlantic flight in 1927 took him from New York to:
 - a) London
 - b) Paris
 - c) Glasgow
 - d) Madrid

—from *mental_floss*

Answers: 1) b (During the past 30 years, the Lone Star state has executed nearly four times more prisoners than any other.) 2) b 3) d 4) b 5) c 6) b

Up, Up And Away

The earliest balloons were inflated animal bladders, intestines and stomachs. It wasn't until 1824 that scientist Michael Faraday invented the rubber balloon, which he used in his experiments with hydrogen at the Royal Institution in London. Faraday cut two circles



from sheets of rubber and dusted the centers of the circles with flour to keep them from sticking together. Then he pressed the sticky edges together to seal the sides, and inflated the balloon with hydrogen.

According to Balloon Headquarters, an organization of balloon enthusiasts, by 1825 people were making their own balloons using a kit marketed by British rubber manufacturer Thomas Hancock. By 1889, pre-made imported balloons were available in the U.S. The Montgomery Ward catalog sold them for four cents each or 40 cents a dozen. In 1907, The Anderson Rubber Co. began manufacturing balloons in the United States.

The modern-day latex balloon was developed in 1931 by Neil Tillotson, a chemical engineer from New England. His first model was shaped

like a cat's head, with pointed ears and printed whiskers. Tillotson founded the Tillotson Rubber Co. Its Dipco division still makes balloons today.

The Hardest Change An Organization Can Make

How many projects does your organization have underway? If your answer is too many, you might want to consider making a difficult, but extremely effective, change: reducing the overload on your workers.

Why? Because, according to *Chaco Canyon's Point Lookout* newsletter (<http://Chaco-Canyon.com/pointlookout>), overloaded people just can't focus long enough to do anyone or anything much good. If everyone is working beyond capacity all the time, they're not going to feel like they can exercise the luxury to explore, experiment or take risks. And if your people aren't doing those things, it's unlikely they're going to have a breakthrough.

Why Do We Say It?

Do you know where these common expressions come from?

- **Barking up the wrong tree** originated with hunting dogs that would bark at the bottom of a tree where they mistakenly thought their quarry was hiding.
- **When you can't hold a candle to someone**, you can't measure up. This comes from the practice of apprentices holding a candle so their masters could see what they were doing. If an apprentice couldn't even do that, he was obviously inferior.
- If your temper gets out of control and you **fly off the handle**, you're like a loose axe head that flies off its handle.
- **Stealing one's thunder**: this phrase originated in 1709 when John Dennis, an English playwright, invented a new method of simulating the sound of thunder on stage that used metal balls rolling around in wooden troughs. Dennis's play was not successful but his technique was, and when he realized it was being used in a later production of *Macbeth*, he purportedly accused the director of stealing his thunder.
- **A flash in the pan**, something with great promise that doesn't come to fruition, dates back to Gold Rush days. A miner might see a flash in his pan that didn't turn out to be gold. Similarly, something doesn't **pan out** when it doesn't meet expectations.



The Abby at Ben White

Austin, Texas

Another Development of the Stainback Organization, Dallas, Texas

Architect: Johnson Architects, Inc., Amanda Boers, Dallas, Texas

Project Manager: Devin Wood

Superintendent: Roger Dilts

To recreate the look of 19th century Main Street, each tenant bay of this new 15,000-square-foot shopping center was designed to have a unique facade, not unlike like the shops of old on the "Courthouse Square."

Build On An Idea

Let Raymond Construction be the cohesive element in the relationship to take your ideas and budget, work together with our architect to create a well-conceived design, and build your dream. We will control the outcome, from concept to reality.

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If You Have Questions...

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Thank you for letting us share
The Raymond Report with you.