

Designed For Value...Built For Life

THE Raymond Report

Fall 2011



The administration area after the renovation.

Fire-Water-Restoration



Photos above: The administration area before renovations.

Casa Linda Professional Building

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"I want to thank you for the incredible job your fabulous crew did to restore my medical office following the fire. All of the subcontractors you used were first rate. I am enjoying 'Wow's' every day from patients and colleagues! I would certainly recommend your company without any hesitation."

—Dr. Ronald G. Bristow

Coffee: Good For More Than Just Waking Up Early

That cup of coffee that gets you going in the morning—or keeps you energetic in the afternoon—may have some positive health benefits. Though no one is recommending massive doses of caffeine, coffee in moderation may be good for more than just keeping you awake and alert. Here's a look at some of the research:

- **Gallstones.** Some scientists believe that drinking coffee may reduce a person's risk of developing gallstones by stimulating gallbladder contractions and lowering concentrations of cholesterol in bile.
- **Kidney stones.** Studies have suggested that coffee consumption (caffeinated or decaf) cuts a person's chances of developing kidney stones by as much as 10%.
- **Diabetes.** Research involving more than 450,000 patients indicates that drinking four cups of coffee or tea a day may reduce one's risk for Type 2 diabetes by 25%-35%.
- **Parkinson's Disease.** Men who don't drink coffee are apparently five times as likely to develop Parkinson's Disease as those who consume lots of coffee—though the link between coffee and Parkinson's hasn't been definitely established. Studies with women have been inconclusive.

Just don't go overboard. Doctors recommend drinking no more than 24 ounces of coffee a day. That's four 6-ounce cups.



Measure Your Commitment

Success depends on your commitment to your goal, whatever that goal may be. To evaluate your ability to commit, ask yourself these important questions:

- **Can you be completely honest with yourself?** You can't afford to fool yourself about your strengths, weaknesses and potential.
- **Can you accept people for what they are, not as you'd like them to be?** You don't have to agree with them, or even like them, but to work with the people around you, put away your prejudices and judgments so you can focus on what's important.
- **Can you put other people's needs ahead of your own?** It's a paradox, but you can reach your own goals more easily by helping your collaborators accomplish theirs. Don't be so single-minded in your pursuit of success that you ignore other people's needs.
- **Do you know what you're great at?** A thorough, honest knowledge of what you do better than most people is essential to making the right choices about where to put your energy.
- **Are you excited about your goals?** If you can't generate enthusiasm on your own, you won't persuade others to help you. And if you're not really excited by what you're trying to do, your commitment won't be very strong. Why bother?

Failing To Succeed

Success is about...failure. At least, it's about learning how to fail without letting it stop you from moving forward. As personal and business coach Jane Herman writes:

"You have heard the expression, 'Anything worth doing is worth doing well.' Here's your new motto: 'Anything worth doing is worth being willing to do badly.' If something is important to you then you have got to be willing to try it, even knowing that you may fail. If you have the attitude that you can't do something unless you can do it well, or perfectly, then you will never take a step. Be willing to take the step."

Too Busy Online To Work?

The 24/7 Wall St. website (<http://247wallst.com>) examined a series of studies on workplace productivity (and the lack thereof) and compiled this list of the top ways workers goof off online when they're supposed to be working:

- | | |
|--------------------------------|-----------------|
| • Social networking | 1.24 hours/week |
| • Online gaming | .56 hours/week |
| • Personal e-mail | .45 hours/week |
| • Portals (like Yahoo and AOL) | .24 hours/week |
| • Instant messaging | .22 hours/week |
| • Watching online videos | .21 hours/week |
| • Personal Internet search | .19 hours/week |
| • Online shopping | .15 hours/week |
| • Fantasy football | .12 hours/week |

SPEED BUMP

Dave Coverly



Second Chances

What would you change if you had your life to live over? Here are a few suggestions attributed to humorist Erma Bombeck:

If I had my life to live over, I would...

- Spend more time listening—and less talking.
- Spend more time on loved ones—and less on work.
- Spend more time living in my living space—and less time cleaning it.
- Spend more time learning from the older people in my life—and less trying to convince them I already know it all.
- Spend more time with the windows rolled down—and less worrying about mussing my hair.
- Spend more time using the stuff I have—and less time collecting more.
- Spend more time playing—and less planning.
- Spend more time sharing the burdens of those I love—and less trying to get them to share mine.
- Spend more time participating in life—and less watching television.
- Spend more time taking care of myself when I'm ill—and less trying to convince myself that the world can't get along without me for even a day.
- Spend more time having fun—and less being practical.
- Spend more time finding joy in each moment—and less wishing time would pass quickly.
- Spend more time on love and forgiveness—and less on anger and insults.

Most of all, wrote Bombeck, who died in 1996, "given another shot at life, I would seize every minute...look at it and really see it...live it...and never give it back."

Making A Positive Impression At Work

Job security depends on doing your job well, but it's also about being the kind of employee people want to work with. Little things go a long way in making a good impression on your boss and co-workers. Cultivate these habits to show you're good to have around:

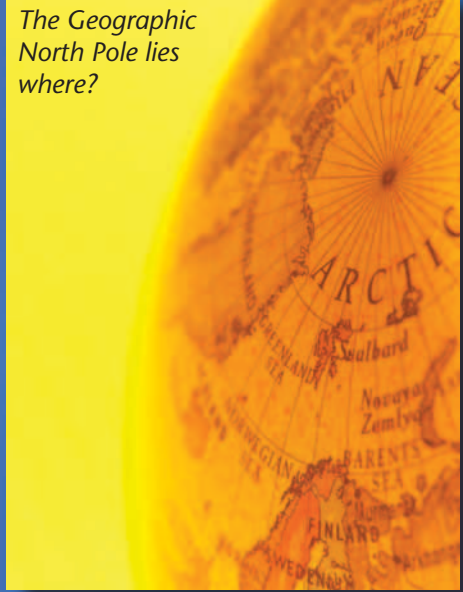
- **Keep your desk neat.** Cut back on the clutter. Tidiness conveys that you're organized and have things under control.
- **Set a good example.** Find out what kind of behavior your managers and colleagues expect, and do your best to practice it.
- **Be sincere and generous with compliments.** People like to be told you appreciate them—bosses and friends alike.
- **Do your homework before meetings.** Know what's on the agenda, and bone up on the information that may be covered.
- **Return phone calls and e-mails promptly.** It makes co-workers and customers feel valued.
- **Be on time.** Don't make other people wait for you. It makes them suspect that you feel your time is more important than theirs.
- **Wash the dishes.** If your company has a shared kitchen, don't be "above" doing the dishes, making more coffee, and such.

Diminishing Returns

The county hired Milton to paint a white line down the middle of the highway between two towns that were 20 miles apart. They gave Milton a can of paint and a brush and drove him out to the city limits, where they left him to his work.

On his first day, Milton got off to a good start and he painted a white line seven miles long. The next day, however, he got only four miles further. At the end of the third day, he'd made less than a mile of progress. As he clocked out, his supervisor asked why he was getting less and less far as time went on.

Milton shrugged. "It takes me longer and longer to get back to the bucket each day."



The Geographic North Pole lies where?

Trivial Matters

1) How many feet are in a fathom?

- a) 6
- b) 12
- c) 18
- d) 24

2) The Geographic North Pole lies where?

- a) Russia
- b) Canada
- c) Arctic Ocean
- d) Greenland

3) Which team lost the very first Super Bowl, playing against the Green Bay Packers in 1967?

- a) Kansas City Chiefs
- b) Oakland Raiders
- c) Pittsburgh Steelers
- d) Miami Dolphins

4) Informercial star and free-money guru Matthew Lesko regularly wears suits decorated with what symbol?

- a) dollar signs
- b) question marks
- c) asterisks
- d) exclamation points

5) When a man holds his arms *akimbo*, where are his hands placed?

- a) clasped behind his back
- b) on his hips
- c) on his head
- d) outstretch with palms up

Answers: 1) a 2) c 3) a 4) b 5) b (In an *akimbo* position, the feet are spread, the elbows are bent, and the hands are on the hips.)

Raymond Construction can take your obsolete building and give it new life for today's use—and has been doing so for more than 59 years!



Physician's office after renovations.



Physician's office prior to renovations.



The post-renovation exterior features disabled accessibility.



The newly-renovated restroom also features disabled access.

Raymond Construction was challenged with a devastating fire restoration earlier this year. Dr. Ronald Bristow's medical office for more than 25 years experienced an electrical fire that destroyed the interior and some of the exterior of the building.

The restoration included demolition, fire restoration and cleaning, replacing all plumbing and electrical systems, interior finish and ADA upgrades required to comply with the TDLR code requirements.

Questions?

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