SPRING 2009

People Building For People

TAP ROOTS

Nevin Hedlund Architects of River Forest made special effort to scale the building to visually blend with the surrounding residential area.

The Largest Dermatology Practice In Illinois

Advanced Cosmetic Laser & Surgery Center and Dermatology, Ltd., is expected to open its newest medical office facility in Crest Hill, Ill., this coming fall. The group offers both cosmetic and medical services, and features one of the largest laser centers in the country. It was founded in 1968 by Dr. Morton Barnett, who is retired. Dr. Matthew Kelleher joined the practice in 1992 and now serves as medical director.

To take care of its many patients, the practice has expanded to four locations: Naperville, Morris, Yorkville and Joliet. The group will move out of its leased space in Joliet upon completion of the Crest Hill center.

The Lombard Company is providing general contracting services for the new Crest Hill medical

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Photo: Diane Stelken Associates

Dr. Matthew Kelleher (center) discusses the November 25th groundbreaking for his new Crest Hill office with Daniel Lombard (left) and Mayor Nick Churnovic.

THE LOMBARD COMPANY 50th ANNIVERSARY 1956 - 2006

THE LOMBARD COMPANY

GENERAL CONTRACTORS & PROFESSIONAL MANAGERS OF CONSTRUCTION

Learning To Say "No"

There will always be someone out there who's going to ask you to do something you don't have time to do. In an effort to please everyone, you may say yes. While this is honorable, it is also a recipe for increasing your stress and falling short of completing any obligation well. So all might be better served if you just say *no*. How can you do that? Start with this advice:

- **Don't say anything when you're on the spot**. Take some time to think it over.
- **Be direct**. Tell the truth about why you can't do what's asked of you. There's no need to make up what might be deemed a *better* reason.
- **Be polite, but firm**. Don't build false hope about what you can do. Don't say, "I'll try." You'll just worry about squeezing the request into your schedule or how you're going to say in the end that you didn't get it done.
- **Suggest alternatives**. Perhaps you know of someone who has the time or is better suited to fulfill the request. Or perhaps you yourself will have time in the future. If so, try saying, "Marni may be the better person to ask for that" or "I don't have time to do that this week, but I can do it next Thursday if you can wait." Be honest, though. This tactic shouldn't be used merely to get the person off your back or to postpone an inevitable no.

Just Call 'Em Skippy

Poodles, Labradors and German Shepherds are being trained to save the lives of those with serious food allergies. Dubbed "peanut dogs," the pooches can sniff and detect a minute amount of peanuts or other allergens. Then they do a little dance to signal their owners to steer clear.

Some parents say the dogs can even sniff the hand of a playmate to determine whether hand-washing is in order. Google *peanut detection dog* to find a kennel that sells them.

—from *Dog Fancy*

Consider The Alternative

British Prime Minister Winston Churchill will always be remembered for his quick wit and lively comebacks. Someone once remarked to him, "Who would want to live to be 90?" And Churchill is rumored to have replied: "Everyone who is 89."

Better Than The Da Vinci Code

Have you ever bought something online, seen the little box labeled "Discount Code" and wondered what are these secret codes and where can I find them?

They're at *retailmenot.com* and it takes almost no time or effort to search—alphabetically or by category or store (there are more than 15,000 stores listed). The site offers codes for home products, sporting goods, luggage, food and more. For example, there are codes to get $10 off a $100 order at *homedepot.com*, 15% off purchases at sporting goods retailer *modells.com* and $20 off a two-night stay booked through *hotels.com.*

The codes work for online sales only, but the site also has a thriving printable coupons section.

—from *Reader's Digest*

39% Thirty-nine percent of employees say their supervisors fail to keep promises.

—from Professor Wayne Hochwarter's study at Florida State University College of Business

How To Be More Effective

Leif Hokanson Smith of Personal Best Consulting (*www.personalbestconsulting.com*) says to be effective you have to keep a few things in mind. Here is his list of recommendations:

- **Don't focus on the obstacle.** Instead, focus on what your personal strengths are so your energy is brought to bear where it is needed.
- **Reduce your stress.** Ask yourself if you're merely being high maintenance at times, and if the answer is yes—then stop. Here are some ways to reduce stress:
  a) Allow more time to finish tasks.
  b) Don't set arbitrary goals such as "I will work out for two hours and only consume liquids for the rest of the day."
  c) Let go of excuses you cling to in order to explain away your lack of success.
  d) Stop being defensive—your self-esteem is not something that can be easily destroyed.
  e) When you're hungry, eat good food.
  f) Stop doing things you don't enjoy.

SPEED BUMP **Dave Coverly**

Esoteric Knowledge

1) In 2009, coin collectors will celebrate the 100th anniversary of which of the following?
a) the Lincoln penny
b) the Jefferson nickel
c) the Washington quarter
d) none of the above

2) Which of the following makes the sport of doubles tennis different than singles tennis?
a) the ball is heavier
b) the court is wider
c) the net is higher
d) the scoring system is different

3) What is the name of the U.S. Post Office's fastest delivery option?
a) Speed Mail
b) Priority Mail
c) Lightning Mail
d) Express Mail

4) The late Clara Peller was best known for reciting what oft-parodied commercial tagline?
a) "I've fallen and I can't get up!"
b) "It's not nice to fool Mother Nature."
c) "Where's the beef?"
d) "It's the quicker picker-upper."

5) Which state was *not* admitted to the U.S. during the 20th century?
a) Utah
b) Hawaii
c) New Mexico
d) Oklahoma

—from *mental_floss*

Answers: 1) a (The coin was first minted in 1909, the centennial of Abraham Lincoln's birth year.) 2) b 3) d 4) c 5) a (Utah became the 45th state in 1896.)

Go Fly A Kite

It's kite-flying season and from the World Kite Museum (*www.worldkitemuseum.com*) come these facts:

- The highest altitude achieved by a single kite: 13,609 feet above ground in August 2000, although a train of eight kites reached a height of 31,955 feet in August 1919.
- Kites were used to deliver letters and newspapers during the American Civil War.
- The world record for the longest "kite fly" is 180 hours.
- Kites were banned in Japan in 1760 because too many people preferred kite-flying to working.
- It is believed that the first kites were flown more than 3,000 years ago and were made of leaves.

Workloads And Burnout

Smaller staffs and bigger workloads could be increasing stress levels in the workplace. In a nationwide survey of more than 7,600 workers, *CareerBuilder.com* reports that 78% of the respondents felt burned out. Forty-six percent of respondents said their workloads had increased over the past six months, while 45% described their workloads as "heavy" or "too heavy." Nearly a quarter said they were dissatisfied with their current work/life balance.

Rosemary Haefner, vice president of human resources at *CareerBuilder.com*, says, "Sixty-one percent of workers said taking advantage of flexible work arrangements has made them more productive and 21% said it actually improved their career progress."

The three most popular work/life programs that workers took advantage of were alternative schedules (72%), compressed workweeks (24%) and telecommuting (15%).

Are You A Workplace Martyr?

If you feel the weight of the world on your shoulders and tell yourself that you really can't take time off because there's just too much to do and you'll be hopelessly behind if you leave—it's a pretty good indication that a) you should definitely take some time off, and b) you're overestimating your own importance in the workplace.

When coworkers hear you saying such things, it's likely to raise their ire, because in a sense it's a criticism of those who do take time off to get away and refresh themselves. It also sends the message that you don't trust your coworkers to handle things in your absence.

Even if you're a competent or high-achieving worker, the truth is that it's unlikely that the workplace will fall apart in your absence. Your energy might be missed, but in a well-run, balanced workplace, there should always be time and opportunity to take some well-deserved time off.

Ignacio Tayahua, People Building For People

Proud To Be An American

Since 1992, Ignacio Tayahua (better known as "Nacho"), has been employed as a union laborer with The Lombard Company. He plays a key part in our field operations and has worked on many projects throughout the Chicago metropolitan area. We extend our congratulations to Nacho on recently becoming a U.S citizen.

Dermatology...

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center, located at Plainfield Road (U.S. 30) and Susanna Way. The 14,315-square-foot, single story, low maintenance building has a modern, minimalist design created by Will Gamble, a partner in Nevin Hedlund Architects. It is a load bearing structure, with glazed concrete block, glass block, structural steel framing and a ballasted EPDM roof. Bamboo wood panels and cast terrazzo floor tiles adorn the interior main entry/reception/waiting areas.

The 1.74-acre site will be fully landscaped and have on-site storm water detention. A 50-car parking area will accommodate patients. The building is a perfect fit for the neighborhood and complements well the Plainfield Road business corridor.

Have You Visited Our Website Yet?

Check it out at *www.lombardcompany.com*

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