

LINCOLN

Lagniappe

THE POWER OF INTEGRITY

Giving you a "little something extra"

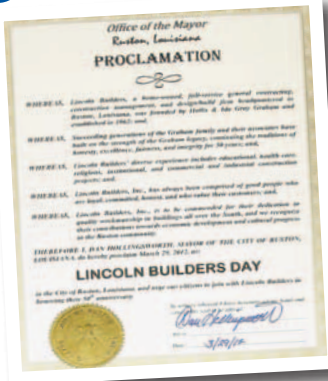
Celebrating 50 Years of Building Integrity

Lincoln Builders was built on a strong foundation during a time when a person's word was his bond, a handshake was his commitment, and good character was highly esteemed. Integrity was an essential characteristic for success in business.

At Lincoln Builders, we believe that people are important; we value relationships. We realize that our partnerships with subcontractors and architects empower us. We value our clients, and our clients return.

Continuing the celebration of our 50th anniversary, Lincoln Builders recently showed its appreciation to our partners—clients, architects, engineers, subcontractors and vendors—at a reception at Squire Creek Country Club near Ruston, Louisiana. It was great to reminisce with good friends, old and new. We look forward to continuing those wonderful relationships.

To see additional photos of the anniversary events, "Like" us on Facebook at www.facebook.com/LincolnBuildersInc.



Proclamation of Lincoln Builders Day.



The Grahams of LBI: Clint, Ronny, Danny and Mark.



LBI's Ayres Bradford and Ronny Graham with Keith Parker of ULM (center).



Reagan Sutton, of Davison Companies and Sheriff Mike Stone.



LBI's Rich Nadler and Trae Banks of Joe Banks Drywall.



Architects Bill Beebe, Rachel James and Trudy Humphries of Sutton Mitchell Beebe Babin Architects.



Gerald & Stacy of Gerald Mott, Inc.



Century Ready Mix Crew.



Stuart and Donna Cathey of TBA Studio with LBI's Delores and Ralph Vines, Connie and Ayres Bradford.



Architect Mike Walpole, Lewis Love, of the City of Ruston, and Engineer Hardy Hays.



Robert and April Byrnes, Don and Gai Byrnes, of Byrnes Mechanical.



What laundry additive was the long-time sponsor of the TV series *Death Valley Days*?

Famous “Valleys”

- Which of the following phrases appears in the Hidden Valley Ranch logo?
 - California, USA
 - The Original
 - Salad Dressing
 - With Buttermilk
- What area of Los Angeles is mentioned in the lyrics of Frank and Moon Zappa’s 1982 hit “Valley Girl”?
 - Bel-Air
 - Brentwood
 - Encino
 - Van Nuys
- The *Sweet Valley High* young adult novel series focused on what twin sisters?
 - Serena and Blair
 - Elizabeth and Jessica
 - Kristy and Claudia
 - Georgia and Louise
- What laundry additive was the long-time sponsor of the TV series *Death Valley Days*?
 - 20 Mule Team Borax
 - Purex
 - Downy
 - Mrs. Stewart’s Liquid Bluing
- What former Brat Pack-er portrayed Bill Gates in the 1999 TV movie *Pirates of Silicon Valley*?
 - Emilio Estevez
 - Andrew McCarthy
 - Judd Nelson
 - Anthony Michael Hall

—from *mentalfloss.com*

Answers: 1) b 2) c 3) b 4) a 5) d

Mysteries Of The Universe

Science can explain the origins of the universe and the secrets of the atom (and even smaller particles). But it can’t explain everything. Here are a few mysteries even the brightest scientists don’t fully know the answers to:

- **Sleep.** Scientists don’t fully agree on why animals (including humans) need to sleep. While it may be connected to the brain’s need to refresh itself, plants go into a dormant state that’s similar to sleep, and plants don’t have brains. And some people get by on 2-4 hours of sleep a night without any negative impact.
- **Planets.** Pluto may or may not be a planet, but a lot of real estate in our solar system is uncharted. The sector between the sun and its closest planet, Mercury, is too bright for astronomers to see, and the outer edges of the solar system are too dark. Whether or not Pluto is a planet, there may be more planets beyond it that we haven’t found yet.
- **Ice.** Why is ice slippery? It just is, and various theories developed to explain why we slip and slide on frozen water all have problems. The answer may have something to do with the tendency of ice to melt slightly when pressure is put on it, but tests haven’t confirmed that any melting effect is sufficient to decrease friction.



Take Control Of Meetings—And Your Time

Do endless meetings compete with demanding job duties for your time and concentration? Follow these tips to keep meetings in check and stay focused on what you want to accomplish:

- **Determine whether you really are necessary to the meeting.** Look at the agenda, or find out what the meeting is intended to accomplish. Ask yourself, “Do I get anything out of the meeting?” and “Do I contribute anything to the meeting?” If your answers are “no,” let meeting organizers know and find a way to avoid attending.
- **Determine if you can attend only part of the meeting.** If the first part of a meeting is relevant to you, but the other half isn’t, find a way to skip the second half.
- **Arrive on time—leave on time.** Let meeting organizers know that you’ll be happy to attend the meeting but will only stay until the time stated. Then get there on time—and leave on schedule.

Social Networking Is A Big Slice Of The Online Pie

If you still think social media is going to fade away in a few more months, ponder this data from Nielsen’s Social Media Report: Americans spend almost 25% of their time on the Internet interacting with social media and blogs.

Facebook remains the most popular social networking site, accounting for over 53 billion minutes’ worth of visits in May 2011 alone, followed by Yahoo, with over 17 billion minutes, and Google (12.5 billion minutes).

Nielsen reports that blogs and social networks are where Americans spend most of their time online—more than double the amount of time they spend playing online games.

How To Get Yourself Unstuck

It doesn't matter if you're an artist, an inventor or a shoe salesman. There are times when you're stuck, unable to move forward with a big project or something on your to-do list.

Here are four ways to get going:

- 1) **Just start.** It sounds simple, doesn't it? But you can't get moving until you start to move. It doesn't matter what you do; grab a pen, contribute a thought, start a conversation. The momentum will follow.
 - 2) **Get in touch.** Sometimes, taking a deep breath and getting in touch with what you're ultimately trying to accomplish can help you identify the one thing that might be getting in your way.
 - 3) **Ask for help.** Sometimes you need to get out of your own way to see things clearly. Ask the people around you for some advice on what to do first. Allowing yourself to detach from your own thinking and consider someone else's perspective may give you the shift you need.
 - 4) **Take a walk.** Taking time away can open new ways of thinking. Go for a walk, outside if possible. Notice your surroundings, listen to nature and recharge your brain.
- Sometimes just one of these techniques will do the trick; other times it may take a combination. Whatever helps you get unstuck is fine. The point here is to take one step outside the space called "being stuck" and see what happens.

SPEED BUMP

Dave Coverly



Identify And Develop Your Greatest Strengths

One of the secrets of success is making the most of your strengths. First, though, you have to determine what your strengths are—and that may not be obvious, especially if you're just starting out or looking to make a career change. Zero in on the skills that make you special by looking for these clues:

- **What tasks attract you?** Think of the types of jobs that you look forward to, that you'd find some way to do even if you weren't paid.
- **What tasks do you lose yourself in?** When you're involved in certain tasks, do you forget what time it is and how long you've been working? These will usually be the jobs that use your skills best.
- **What do you learn quickly?** You probably struggle with mastering some skills, but others you pick up effortlessly. That's because you have some natural talent and a deep desire to learn more.
- **What do other people ask for help with?** Pay attention to the jobs you're assigned and the favors people ask you for. They wouldn't come to you if you weren't good in those areas.
- **Where do you succeed?** This may seem obvious, but some people miss the forest for the trees. Take a look at the tasks you've done best at; they'll use your most important skills.
- **What brings you satisfaction?** No matter how tired you are, some tasks make you feel good at the end of the day. You'll do better in life and on the job by concentrating on work that you find fulfilling.

Time For A Coffee Intervention?

Are you drinking your share of coffee? According to data compiled by the website *FreeInsuranceQuotes.net*, Americans, Canadians and British residents consume an average of 200 mgs of caffeine a day (about eight cups), mostly from coffee and tea. The worldwide average daily consumption is just 76 mgs. But Scandinavians have us beat: They drink an average of 400 mgs a day (probably because of the long winters).

Caffeine, it should be noted, can take up residence in your system for up to seven hours, and it has been linked to such health problems as insomnia, breathing problems and dizziness.



The worldwide average daily consumption of coffee is just 76 mgs.

Try A Spending Fast To Break The Buying Habit

TheStreet.com recently asked some financial planning pros for their best tips on living within a budget.

One suggestion that sounds particularly intriguing is declaring a moratorium on spending. Commit to spending absolutely no money for one day a month. Try stretching it to two or three days if possible.

You'll find out how much money you spend without thinking about it, and you'll break yourself of the habit of reaching for your wallet on impulse. And you may find more constructive ways to spend your time instead of your cash.

Lincoln Family News

As our family grows, we offer congratulations to...

- IT director Dan Morrow and wife DeAnna on the birth of their second son, Mayson, on March 23rd. He joins his brother, Noah, and sister, Mallory, in this photo.
- Superintendent Courtland Foley and wife Laura on the birth of their firstborn son, Caden, on April 20th.
- Superintendent Chad Womack and wife Ashley on the birth of their firstborn daughter, Landri, on July 26.
- Estimator Patrick Ramsey and wife Ginny on the birth of their first son, Grey, on October 6, 2011. Grey joins big sisters Ellen and Jane in this photo. Proud grandparents are Lincoln Builders' CEO Danny Graham and wife Kate.



The Morrow children: Noah, Mallory and newborn Mayson.



Caden Foley.



Landri Womack.

Getting Social

Take a moment to visit our newly redesigned website at www.lincolnbuilder.com. And, while you are online...

- Follow us on TWITTER at <https://twitter.com/LincolnBuilder1>
- Become a fan on FACEBOOK at <http://www.facebook.com/LincolnBuildersInc>
- Check us out on LinkedIn at <http://www.linkedin.com/company/lincoln-builders-inc>.



Ellen, Jane and Grey Ramsey.

Oops!

We and many of you recognized that John Larkin and his family were not disguised as Wallace Rogan's family. Wallace, sincere apologies to you and your wonderful family for the mistaken identity on the front page of our last issue. It was great to see you all at the family picnic in Ruston. (And John, we missed you!)

P.O. Box 400 • RUSTON, LA 71273-0400 • TEL: 318.255.3822 • FAX: 318.251.0114

MARKETING@LINCOLNBUILDERS.COM • WWW.LINCOLNBUILDERS.COM • OFFICES IN RUSTON, LA, BATON ROUGE, LA & FORT WORTH, TEXAS



P.O. Box 400
RUSTON, LA 71273-0400

