



# HARDHAT DIGEST

[www.HeadacheFreeConstruction.com](http://www.HeadacheFreeConstruction.com)

Your Commercial Project People

## All Saints of North America Has a Dome!



*The crane placing the dome*

**W**e have been so honored to work with the All Saints of North America Orthodox Church on their new building. This beautiful design is closer to older churches or cathedrals you may have seen, with the layout resembling a cross, and the altar located at the top east. The building features a bell tower in the front, and a soaring dome and cross above the nave and transept.

This past November, we had an exciting event where the congregation was able to watch the cross being blessed and the dome raised and set by crane. For many of us, this was the first time seeing something like this.

The preparation by the team was excellent, and everything went smoothly. The dome was up and placed in less than an hour!

Afterwards, Project Manager Bob Peterson treated the project team to lunch at El Pinto Restaurant next door. It was a huge milestone in this project, and thanks to the team for a job well done!

Our next issue of *Hardhat Digest* will feature more of this beautiful building.



*Workers secure the dome*



*The blessing of the cross*



**RICHARDSON**  
**RICHARDSON**  
CONSTRUCTION

P.O. Box 36627 ▶ 4100 Menaul NE  
Albuquerque, NM 87176-6627  
TEL (505) 881-2268 ▶ [info@richardsonrichardson.com](mailto:info@richardsonrichardson.com)  
[www.HeadacheFreeConstruction.com](http://www.HeadacheFreeConstruction.com)

▶ *Exceeding Expectations*  
**SINCE 1950**



## Old West Justice

A man in the Old West was being tried for stealing a horse. It so happened that the man whose horse had been stolen was a mean fellow who didn't have a single friend in the entire town. The case was tried and presented to the jury.

After about 30 minutes, the jury returned to the court chambers. The judge asked, "Gentlemen of the jury, have you reached a verdict?"

The chairman of the jury stood up. "We find the defendant not guilty if he will return the horse."

The judge admonished the jury. "I cannot accept that verdict. You will have to retire until you reach another verdict."

The jury went back to deliberate some more. About an hour passed before they re-entered the courtroom.

"Gentlemen of the jury," said the judge again, "have you reached a verdict?"

The chairman of the jury stood up. "Yes, your honor. We find the defendant not guilty, and he can keep the horse!"

### SPEED BUMP

Dave Coverly



# Top Tips For Career Advancement

You're ambitious and want to advance in your job. It won't happen overnight—you have to take active steps to move up in your career. Follow this advice from the *BioSpace* website to get ahead:

- **Always keep learning.** Knowledge is crucial to career success. You'll never get to the point where you know everything necessary for the future. Keep your mind open to new facts and opportunities to master new skills.
- **Set goals that matter.** To achieve what you want, you have to map it out in detail. Decide what's important to you and focus on that. Set goals daily and for the long term to keep yourself motivated.
- **Get organized.** Learn to manage your time effectively. Keep your workspace clear of distractions. Eliminate redundant or pointless tasks. This will help you concentrate on accomplishing what's most important.
- **Support your team.** Don't be selfish. Helping your team achieve its goals positions you as a reliable worker—someone others will support in turn. You'll earn respect and help build a strong network that will help you advance.
- **Take care of your health.** Get enough sleep, exercise regularly, cut back on junk food, and relax as needed. You need the energy that only a healthy lifestyle can provide to stay productive for the long haul.

*"Embrace what you don't know, especially in the beginning, because what you don't know can become your greatest asset. It ensures that you will absolutely be doing things different from everybody else."*

—Sara Blakely

## Want A Career You Love?

What do successful leaders see as essential to a fulfilling career—and life? Podcasters Eric Eliasson and Lara Mitra asked 30 top business leaders what they'd learned on their path to success. The *MIT Sloane School of Management* website presents some of their insights:

- **Diversify your passions.** Don't limit yourself to just one area of interest. Look around and seek out new possibilities throughout your career. The more passions you have, the greater your range as you go through life.
- **Be open to changing views of success.** "Success" can mean making lots of money, having wide power, or earning the love of a family—or an infinite number of other things. As you learn and grow, your definition of success may shift. Don't fight it. You may find that you have very different ideas of what's valuable at different stages of your life.
- **Remember to plan.** Being open to change doesn't mean totally winging it throughout your career. Set some goals early on and develop a plan for moving forward. You may have to adjust your plan as your circumstances and views change, but you'll be in a better position to pivot if you have a firm foundation to stand on.
- **Take action to build confidence.** You may be unsure that you're doing the right thing, but if you do nothing, you'll never achieve any of your goals. Taking action, even if you fail, can give you the confidence you need to keep moving forward. You'll see what you can do, and learn that failure isn't the end of the world.

# The Steamy History Of Coffee

From that morning mug of java to a cup of decaf with dessert, many people rely on coffee to get through the day. The *Cracked* website shares the fascinating history of our favorite hot beverage:

A legend goes that in Ethiopia around 850 A.D., a farmer named Kaldi noticed that the sheep in his flock had more energy and slept less after eating fruit from a particular plant. He tried it himself, and also felt more energized, so he took it to a nearby monastery where the monks used it to brew a tea. They found that the tea helped them stay awake during their evening prayers.

The first written mention of coffee came a few decades later, when a Persian physician wrote about a drink called "bunchum." "Bunn" was the Ethiopian word for the coffee berry. The Ottoman empire spread coffee through the lands it conquered, where it reached Europe during the 17th century. Early Christians thought it evil and asked the Pope to ban it. The Pope, however, decided to try drinking it himself first, and declined to forbid its use.

Coffeehouses spread quickly across the continent—Venice in 1645, England in 1650, and France in 1672. It eventually crossed the ocean in 1676, when a coffeehouse opened in Boston. For a while, farmers in Mediterranean countries enjoyed a monopoly on coffee, but that ended when the Dutch started growing and exporting it from the Indonesian territory of—wait for it—Java.

France is responsible for the first iced coffee, thanks to troops who dubbed their concoction "café mazagran" after the fortress they were stationed at. Today, we consume more than 2 billion cups of coffee a day around the world, making it the most popular beverage around.

*"The distance between insanity and genius is measured only by success."*

—Bruce Feirstein

## Take On Those Tough Tasks

Focusing on difficult tasks at work can be hard, but you can't avoid it most of the time. The *Nature* website offers this science-based advice on getting the job done:

- **Make space.** Set aside large blocks of time to work on the problem confronting you—15 minutes here or there won't let you settle in mentally. Schedule time consistently so you make it a habit that's easy to adjust to when you sit down to work.
- **Remove distractions.** Look around your workspace for cues that might lead you astray. Put your phone in a drawer so you won't see incoming texts, for example. Unplug your computer from the internet. Even if you can ignore such distractions while you're working, they'll still be there, tugging at your concentration.
- **Forget the small tasks.** You may be tempted to finish up just one more thing before getting down to work. Resist the impulse. These small tasks will interfere with your ability to start focusing on what you need to work on.
- **Find the right structure.** Think about how to approach the task ahead of time. Developing a logical plan will help you carry through when you hit obstacles. It also helps you get started each time, because you'll know right away where to begin.
- **Take breaks.** You're allowed to take a break while working on a complex task. Just don't get pulled into other work. Leave your workspace, talk to people, or just take a walk to clear your mind. Return with a clear head and dive right back into the task.
- **Stick with it.** You may need time to find the right structure or approach to working through the problem. Don't give up. Be ready to try something new as long as your mind is still focused on the project you're working on.



## Test Your Knowledge

1. How fast was the first person to be pulled over for speeding traveling?
2. Which are the only animals to blush?
3. What do the "M's" stand for in M&Ms?
4. Which American band has the most No. 2 *Billboard* hits, without ever reaching No. 1?
5. What is the dot over a lowercase "i" or "j" called?
6. What is the national animal of Scotland?
7. Humans are just one of how many estimated species on Earth?
8. Playing the accordion was once required of all teachers in which country?
9. Which animal kills more Americans than sharks each year?
10. How many three-point baskets did Shaquille O'Neal make in his career?
11. Which is the only U.S. state to border only one other state?
12. What is the Twitter bird's official name?

12. Larry.  
8. North Korea. 9. Cows. 10. One. 11. Maine.  
5. A little. 6. The unicorn. 7. 8.7 million.  
and "Murrie." 4. Creedence Clearwater Revival.  
1. Eight miles per hour. 2. Humans. 3. "Mars"

—Mental Floss

# Economic Impact of 2021 Affects Outlook for 2022

The COVID-19 pandemic brought a host of challenges to the construction industry. We understand it can be baffling to an Owner to find a project will be much more expensive right now than it seems it "should be." It has been an unfortunate and strange combination of economic circumstances affecting the construction industry. Overall, contractors faced supply chain issues, astronomical rising costs on materials, and a critical shortage of skilled labor. There were also issues surrounding shutdowns and lost time on projects. We found that extra diligence in communication and working on specific solutions for each project were the best tools we had in combating these challenges.

On some fronts the outlook for 2022 is a bit brighter; some material costs (such as lumber) have dropped

back down slightly and have stabilized. Other materials, like steel, are facing crucial supply chain issues and shortages. For instance, some pre-engineered metal buildings are about a year-and-a-half out for delivery.

Associated General Contractors' Chief Economist Ken Simonson reports that labor will also be an issue, with job loss in at least 33 states. Construction starts (new projects) were slightly up at the end of the year, which is a good indicator of some gain in confidence. However, the industry will still continue to face high material costs and supply chain issues.

If you are interested in more information about construction costs, or would like to get the Data Digest produced by Mr. Simonson, you can log onto [www.agc.org/learn/construction-data/resources](http://www.agc.org/learn/construction-data/resources).



P.O. Box 36627  
4100 Menaul NE  
Albuquerque, NM 87176-6627



PRSRT STD  
US Postage  
PAID  
Merrimack, NH  
Permit No. 20



## Our Holiday Message...

The past year has undoubtedly been a challenging one for many of us. As we are wrapping up the year, I can't help but think of the quote from Dickens' *A Christmas Carol*: "But you were always a good man of business, Jacob," faltered Scrooge, who now began to apply this to himself. "Business!," cried the Ghost, wringing its hands again. "Mankind was my business; charity, mercy, forbearance, and benevolence, were all my business."

One thing we have learned in the past year is that relationships are indeed the most important part of our business. With all of the unforeseen circumstances and changes in the past year-and-a-half, we remain so grateful for our team, our subcontractors, our suppliers, and our clients.

All of us at Richardson & Richardson wish you a peaceful and blessed holiday season, and a brighter New Year ahead. May "mankind" be all of our business this year!



P.O. Box 36627 ▶ 4100 Menaul NE  
Albuquerque, NM 87176-6627  
TEL (505) 881-2268 ▶ [info@richardsonrichardson.com](mailto:info@richardsonrichardson.com)  
[www.HeadacheFreeConstruction.com](http://www.HeadacheFreeConstruction.com)

