

SBE TODAY

SMALL BUSINESS EXCHANGE

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DIVERSITY IN ACTION -

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Why Living in a City Makes You More Innovated



Scientists say population density promotes creativity.

Photo courtesy of Flickr user caribb

I'd be the first to concede that the image of Archimedes yelling "Eureka" as he ran naked through the streets of Syracuse makes one fine visual for the concept of discovery.

Which is a shame, not only because it most likely didn't happen—the story first appeared in a book two centuries after the Greek scholar had died—but also because it has long fed the fantasy of discovery as a solitary and sudden experience. Both history and research tell us that it rarely is—most of the time innovation is an iterative process that fits and starts over months, years, decades. And way more often than not, invention is the result of human friction, of people with different backgrounds and skills and ideas bumping into one another, sparking fresh thoughts and collaborative visions.

One of the better examples of this messy, but fruitful dynamic played out after World War II in a nondescript structure at M.I.T.

known simply as Building 20. In his book, "Where Good Ideas Come From," published in 2010, Steven Johnson wrote about how, because the building was used to handle overflow from fast-growing science departments, it scrambled together an eclectic mix of nuclear scientists, electrical engineers, computer scientists, acoustical engineers and even linguists.

And that resulted in hallway conversations and random exchanges that made Building 20 one of the more creative places on Earth, a place that incubated an amazing sweep of scientific breakthroughs, from the first computer video game (SpaceWar!) to major advances in both microwaves and high-speed photography to the earliest attempts at computer hacking.

The beauty of congestion

Social scientists will tell you it's that same swirl of commingled ideas and con-

stant interactions—albeit on a much larger scale—that makes cities founts of creativity. In fact, research published earlier this month by scientists from M.I.T. concluded that productivity and innovation in urban areas grow at roughly the same rate as population, largely because the greater density of people living in a city increases the opportunities for personal interactions and exposure to different ideas.

The research team, led by Wei Pan, analyzed all kinds of factors to tabulate the "social-tie density" of different cities—that's the average number of people each resident will interact with personally. They looked at everything from the number of call partners with whom a cellphone user will end up sharing a cell tower to the number of people connecting through location-based social networks like Foursquare to the contagion rates of diseases spread only through personal contact. And they found that the higher a city's social-tie density, the higher its levels of productivity and patents awarded.

Says Pan:

"What really happens when you move to a big city is you get to know a lot of different people,

Continued on page 5

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REQUESTS FOR BIDS & SUB-BIDS

SKANSKA

Sub-Bids Requested From Qualified DBE Subcontractors & Suppliers

Replace and Widen Genesee Bridge at Route 5

District 11 on Route 5

Contract No.: 110223U4

DBE Goal: 8 %

Bid Date: September 12, 2013 – 2:00 PM

Skanska is interested in soliciting in Good Faith all subcontractors as well as certified DBE companies for this project. All interested subcontractors, please indicate all lower tier DBE participation offered on your quotation as it will be evaluated with your price. Please call if we can assist you in obtaining bonding, lines of credit, insurance, necessary equipment, materials and/or supplies. Skanska will also review breaking out scope packages and adjusting schedules to help permit maximum participation.

Plans and Specifications are available for view at our main office in Riverside or on the Caltrans website: http://www.dot.ca.gov/hq/esc/oe/weekly_ads/index.php

Quotes requested from Subcontractors, Suppliers and Service Providers include, but are not limited to: Construction Site Management, Storm Water Pollution Plan, Street Sweeping, Construction Area Signs, Traffic Control System, Type III Barricade, Fencing, Portable Delineator, Temporary Pavement Marking, Temporary Traffic Stripe, Channelizer, Temporary Railing, Portable Changeable Message Signs, Temporary Crash Cushion Module, Metal Beam Guard Railing, Roadside Signs, Abandon Culvert, Cold Plane Concrete Pavement, Remove Concrete (Structure), Concrete Barrier, Bridge Removal, Clearing and Grubbing, Roadway Excavation, Develop Water Supply, Structure Excavation (Bridge), Structure Excavation (Retaining Wall), Structure Backfill, Sand Backfill, Rock Blanket, Soil Nail, Erosion Control, Fiber Rolls, Class 2 Aggregate Base, Hot Mix Asphalt, Place Hot Mix Asphalt Dike, Tack Coat, Concrete Pavement, Seal Pavement Joint, Furnish & Drive Steel Pile, CIDH Concrete Piling, Prestressing CIP Concrete, Structural Concrete (Bridge), Structural Concrete (Retaining Wall), Structure Concrete (Box Culvert), Minor Concrete, Shotcrete, Treat Bridge Deck, Joint Seal Assembly, Joint Seal, Bar Reinforcing Steel (Bridge), Bar Reinforcing Steel (Retaining Wall), Furnish & Install Sign Structure, Furnish Laminated Panel, Furnish Single Sheet Aluminum Sign, Roadside Sign, Alternative Pipe Culvert, Reinforced Concrete Pipe, Corrugated Steel Pipe, Welded Steel Pipe Casing, Alternative Flared End Section, Rock Slope Protection, Slope Paving, Minor Concrete, Rock Slope Protection Fabric, Miscellaneous Metal, Miscellaneous Iron and Steel, Bridge Deck Drainage System, Chain Link Fence, Pipe Handrail, Cable Railing, Transition Railing, Terminal System, Crash Cushion, Concrete Barrier, Thermoplastic Pavement Marking, Thermoplastic Traffic Stripe, Paint Traffic Stripe, Pavement Marker, Signal & Lighting, Lighting & Sign Illumination, Fiber Optic Conduit, Electric Service (Irrigation, Traffic Monitoring Station) Closed Circuit TV System, Ramp Metering System, Slope Inclinometer, Landscape and Irrigation

Subcontracting Requirements: Skanska's insurance requirements are Commercial General Liability (GL): \$1M ea. occ., \$1M personal injury, \$2M products & completed operations agg. and general agg.; \$1M Auto Liability; \$5M Excess/Umbrella and \$1M Workers Comp. Endorsements and waivers required are the Additional Insured End., Primary Wording End., and a Waiver of Subrogation (GL & WC). Other insurance requirements may be necessary per scope. Subcontractors may be required to furnish performance and payment bonds in the full amount of their subcontract by an admitted surety and subject to approval by Skanska. Skanska will pay bond premium up to 1%. Quotations must be valid for the same duration as specified by the Owner for contract award. Conditions or exceptions in Subcontractor's quote are expressly rejected unless accepted in writing. Skanska is signatory to the Operating Engineers, Laborers, Cement Masons, Carpenters Unions and Teamsters. Subcontractors must provide weekly, one original and one copy of all certified payrolls, including non-performance and fringe benefit statements if required by law or by the Prime Contract. Subcontractor scope (including any conditions or exceptions) is required 24 hours prior to bid deadline to allow proper evaluation.

Skanska is an Equal Opportunity Employer

Skanska Estimating Dept:

1995 Agua Mansa Rd, Riverside, CA 92509 – Ph: (951) 684-5360, Fax: (951) 788-2449

Email: joe.sidor@skanska.com

Sub Bids Requested From Qualified DBE and UDBE Subcontractors & Suppliers for

City of Yuba City - Butte House Road & Pease Road Class II Bicycle Lanes

Project No. 12-06

Location: Yuba City, CA

Bid Date: September 11, 2013 @ 10:00 AM

McGuire and Hester is seeking qualified subcontractors in the following trades: traffic control; clearing & grubbing; sawcutting; striping; signage; erosion control; SWPPP; and aggregate material (Class II 3/4" AB & Hot Mix Asphalt Type A).

We will pay up to and including one and one-half percent (1-1/2%) of your bonding cost. Certification assistance is available, as well as viewing plans and specs.

McGuire and Hester

9009 Railroad Avenue • Oakland, CA 94603 • Phone: (510) 632-7676 • Fax: (510) 562-5209

Contact: **Robert Herrera** • An Equal Opportunity Employer

Seeking D/DV/M/S/VS/WBE (Disadvantaged, Disabled Veteran, Minority, Small, Very Small, and Woman Business Enterprises) subcontractors and suppliers for

San Vicente Marina Facilities, Specification 594

Project Owner: San Diego County Water Authority

Project Location: North end of Moreno Ave.,

Lakeside, CA in San Diego County

Bid Date: September 20, 2013

Trades: Site grading, shoreline stabilization, pump stations, concession buildings, office building, drainage pipe, water tank, water pipe, sanitary sewer pipe, boat ramp concrete, floating docks, ADA compliant wheelchair lift, asphalt concrete paving, PCC paving, storm drain channels, bio-retention facilities, inlet filters, drainage facilities, selective demolition, fire sprinklers, landscaping, irrigation, habitat restoration, curbs, gutters, sidewalk, retaining walls, fencing, park amenities, shade structure, signage and striping, signal intersection, electrical, communications, foundation grouting, monitoring wells.

Plans and specifications can be purchased directly from SDCWA by filling out the Contract Documents Order Form found at <http://www.sdcwa.org/contracting-opportunities>

Plans and specifications are available to be viewed and copied at the Pulice offices located at 591 Camino De La Reina, San Diego, CA 92018 from 8:00 AM to 4:00 PM. Please call 619-814-3700 to make an appointment to view the plans and specifications.

Plans are also available for download on the eBidBoard website at:

<http://www.ebidboard.com/public/projects/index.asp?mbrguid=D27F6EF1-9BA1-46D6-B1CC-429FA8EB09CC>

Pulice Construction, Inc.

591 Camino De La Reina, San Diego, CA 92108

Phone: 619-814-3700 • Fax: 619-814-3770

Contact: **Arinda Cale**

E-mail: acale@pulice.com

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Request for Sub Bids From Qualified DVBE Subcontractors/Suppliers

Classroom / Office Furniture & Equipment

Project No.: 13-14-01PU

Location: Jurupa Valley, California

Bid Date: September 5, 2013 @ 10:00 AM

VIRCO Inc.

2027 Harpers Way
Torrance, CA 90501

(800) 448-4726 • Fax (800) 449-7804

Contact: **Debbie Stottler** Ext. 420

AEOE



REQUESTS FOR BIDS & SUB-BIDS

SKANSKA

Sub-Bids Requested From Qualified DBE Subcontractors & Suppliers
City of Lincoln Wastewater Treatment and Reclamation Facility Expansion
Contract No.: 184030298

Encouraged DBE/MBE/WBE/HUB Certified Firm Participation
Bid Date: September 10, 2013 – 2:00 PM

Skanska, an equal opportunity employer, is interested in soliciting in Good Faith all subcontractors as well as certified companies for this project. All interested subcontractors, please indicate all lower tier participation offered on your quotation as it will be evaluated with your price. Please call if we can assist you in obtaining bonding, lines of credit, insurance, necessary equipment, materials and/or supplies. Skanska will also review breaking out scope packages and adjusting schedules to help permit maximum participation.

Plans and Specifications are available for view/purchase at the following locations:

- Skanska USA Civil Office, located at 1995 Agua Mansa Rd., Riverside, CA 92509
- Stantec Consulting Services Inc., located at: 3875 Atherton Rd, Rocklin, CA 95765
- For Purchase: ARC Sacramento PlanWell. Please call 916-443-1322

Quotes requested from Subcontractors, Suppliers and Service Providers include, but are not limited to:

Materials: Construction Area Signs, Utility Line Marking, Watering and Water Development, Corrugated Metal Pipe Culvert, Landscape Rock, Structural Steel, Structural Aluminum, Grating, Treads, Floor Plates, Metal Framing, Steel Platforms, Mechanical Identifying Devices, Bio filter Media Replacement, Fiberglass Launder Covers, FRP Weirs and Baffles, Polyethylene Storage Tanks, Davit Cranes, Seismic Equipment Restraints, Seismic Piping Restraints, Temporary Railing, Erosion Control, Fiber Rolls, Class 2 Base, Joint Seal, Plastic Pipe, Reinforced Concrete Pipe, Welded Steel Pipe, Alternative Flared End Section, Misc Metal, Misc Iron and Steel

Works scopes: Survey, Quality Control and Testing, Pipe Chlorination, Pipe Testing, System Startup and Testing, System Training, Clear and Grub, Fence Removal, Excavation Dewatering, Structure Excavation and Backfill, Trenching and Backfill, Storm Water Pollution Plan, Hydroseed, Sheeting and Shoring, Chain Link Fence, Hot Mix AC Paving, Cast in Place Manhole Bases, Minor Concrete Structures, Concrete Saw cutting, Pipe Railing, Overhead Coiling Doors, Painting and Finishing, Mechanical Process Equipment Installation, Pre Engineered Metal Building and Canopy, Cathodic Protection of Underground Pipe, Process Piping, Process Electrical Systems, Site Lighting, Instrumentation and Controls, Thermoplastic Pavement Marking.

Subcontracting Requirements: Skanska's insurance requirements are Commercial General Liability (GL): \$1M ea. occ., \$1M personal injury, \$2M products & completed operations agg. and general agg.; \$1M Auto Liability; \$5M Excess/Umbrella and \$1M Workers Comp. Endorsements and waivers required are the Additional Insured End., Primary Wording End., and a Waiver of Subrogation (GL & WC). Other insurance requirements may be necessary per scope. Subcontractors may be required to furnish performance and payment bonds in the full amount of their subcontract by an admitted surety and subject to approval by Skanska. Skanska will pay bond premium up to 1%. Quotations must be valid for the same duration as specified by the Owner for contract award. Conditions or exceptions in Subcontractor's quote are expressly rejected unless accepted in writing. Skanska is signatory to the Operating Engineers, Laborers, Cement Masons, Carpenters Unions and Teamsters. Subcontractors must provide weekly, one original and one copy of all certified payrolls, including non-performance and fringe benefit statements if required by law or by the Prime Contract. Subcontractor scope (including any conditions or exceptions) is required 24 hours prior to bid deadline to allow proper evaluation.

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Skanska Estimating Dept:

1995 Agua Mansa Rd, Riverside, CA 92509 – Ph: (951) 684-5360, Fax: (951) 788-2449
 Email: daniel.hawley@skanska.com

Pacific States Environmental Contractors, Inc. is soliciting for SBE for the following project:

ARGYLE RESERVOIRS ACCESS ROAD IMPROVEMENTS • SPECIFICATION 2074

Owner: East Bay Municipal Utility District, 375 11th Street, Oakland, CA 94607-4240

Bid Date: September 11, 2013 @ 1:30 PM

We hereby encourage responsible participation of local Small Business Enterprises, and solicit their subcontractor or material quotation for the following types of work including but not limited to:

FENCING, CONCRETE, PIPELINE AND LANDSCAPE & TREE

At our discretion 100% Performance and Payment Bonds may be required for full amounts of the subcontract price. Surety company will have to be approved by Pacific States Environmental Contractors, Inc. Pacific States Environmental Contractors, Inc. will pay bond premium up to 2%. Subcontractors must possess current insurance and worker's compensation coverage meeting Pacific States Environmental Contractors, Inc.'s requirements. Please call if you need assistance in obtaining bonding, insurance, equipment, materials and/or supplies. Plans and specifications are available for review at our Dublin office.

Pacific States Environmental Contractors, Inc.

CAL LIC. NO. 723241

11555 Dublin Boulevard • Dublin, CA 94568-2909 • Phone: (925) 803-4333 • FAX: (925) 803-4334

Estimator: Keith Donahue • Website: www.pacificstates.net

Sub-Bids Requested from Qualified DBE Subcontractors & Suppliers:

Route 5-South of Genesee to Sorrento Viaduct
District 11 Route 5
Contract No.: 11-0223U4
Owner: Caltrans

Bid Date: Sept. 12, 2013 @ 2:00 pm
Quotes Due: Sept 11, 2013 at 5:00PM

Quotes requested for supplies & services including, but not limited to: Lead Compliance Plan, Construction Areas Signs, Traffic Control, Pavement Marking & Striping, SWPPP, Erosion Control, Street Sweeping, Concrete Washout, Cold Plane AC, Bridge Deck Treatment, Bridge Removal, Clearing & Grubbing, Roadway Ex, Structure Ex, Structure Backfill, Geosynthetic Reinforcement, Roadside Clearing, Rock Blanket, Decomposed Granite, landscape & Irrigation, Imported Topsoil, Class 1 & 2 Aggregate Base, Emulsion/Fog Seal, Hot Mix Asphalt, Tack Coat, Joint Seal, Soil Nail, Jacking Superstructure, Drive Pile, CIDH Piling, Prestressing Concrete, Minor Concrete, drill & Bond Dowel, Joint Seal, Bar Reinforcing Steel, Sign Structures, Sign Panels, Roadside Signs, Alt. Pipe Culvert, RCP, Plastic Pipe Underdrain, Rock Slope Protection, Minor Concrete (gutter), Misc Iron & Steel, Misc Metal (bridge), Bridge Deck Drainage, Fiber Optic System, Chain Link Fence, MBGR, Pipe Handrailing, Concrete Barrier, Cable Railing, Crash Cushions, Alt In-Line Terminal, Electrical, Closed Circuit TV System, Ramp Metering System, Trucking, Hauling, Aggregates

Coffman Specialties, Inc.

9685 Via Excelencia, Suite 200 • San Diego, California 92126

Phone (858) 536-3100 • Bid Fax (858) 536-3131
 estimating@coffmanspecialties.com

Plans & Specifications are available on Caltrans Website or for view at our main office in San Diego.

Coffman is interested in soliciting in Good Faith with DBE's for this project. Please call if you need assistance/advice with obtaining Bonds/Insurance/Credit. Subcontractors may be required to furnish 100% Payment & Performance Bonds by an admitted surety and subject to approval by Coffman. Coffman Specialties, Inc. is signatory to Operating Engineers, Laborers, Teamsters, Cement Masons and Carpenters unions. Quotations must be valid for the same duration as specified by the Owner for contract award. Conditions or exceptions in Subcontractor's quote are expressly rejected unless accepted in writing. Waiver of Subrogation will be required. In order to assist DBE Contractors and suppliers, we will divide total requirements into smaller tasks or quantities and establish delivery and construction schedules which will permit maximum participation when feasible. We are an EOE & seriously intend to negotiate with qualified firms. Non-DBE Subs/Suppliers: Indicate 2nd tier DBE participation offered on your quotation as it will be evaluated with your price.

REQUESTS FOR BIDS & SUB-BIDS

REQUESTING BIDS FROM QUALIFIED DBE SUBCONTRACTORS AND SUPPLIERS
FOR THE FOLLOWING PROJECT:

**Rehab Bridges – Polyester Concrete Overlay
(State Highway in Shasta County at Various Locations)
Caltrans contract #02-4E5304**

***REVISED* Bid Date: September 10, 2013 at 2:00 pm**

This is a highway project with the typical items of work associated, but not limited to: Aggregate, Rip Rap Material, Bridge Deck Overlay, CIDH Pile, Clear and Grubbing, Concrete Barrier, Concrete Crack Sealing, Construction Area Signs, Consult - Enviro Compliance, Core and Saw, Demo Bridge, Demo Minor, Earthwork and Base, Imported Borrow, Electrical H'Way, Fence & MBGR, Minor Flat Concrete, Joint Seals, K-Rail, Landscape, Erosion Control, Metal Bridge Rail, Minor Concrete Structure, Pavement Grinding, Paving PCC, Plane A C, Paving ASPH Concrete, A C Dike and Misc, Pile Drive, Pipe - Coor Steel, Precast Concrete Pipe, Prestress Concrete, Ready Mix Concrete, Rebar, Rock Slope Protect, Sign Structures, Signs Roadside, Stripe and Mark, Structure Excavate Bridge, Structure Excavate Site, Traffic Control, Trucking.

C.C. Myers, Inc. is willing to break down items of work into economically feasible units to encourage DBE participation. If you are interested in any of this work, please provide us with a scope letter or contact us immediately. Plans and Specifications are available from Caltrans at: www.dot.ca.gov/hq/esc/oe.

Conditions or exceptions in Subcontractor's quote are expressly rejected unless expressly accepted in writing. Subcontractor and Supplier quotes are required 24 hours prior to the bid date to enable thorough evaluation.



C.C. Myers, Inc.

3286 Fitzgerald Rd. • Rancho Cordova, CA 95742 • 916-635-9370 • Fax 916-635-1527

Each Subcontractor shall be prepared to submit faithful performance and payment bonds equal to 100% of their quotation. The Contractor will pay standard industry rates for these bonds.

Contact C. C. Myers, Inc. for assistance with bonds, insurance, lines of credit, equipment, supplies or project plans and specifications. C.C. Myers, Inc., is a Union Contractor.

AN EQUAL OPPORTUNITY EMPLOYER.

Salt River Construction Corporation

5643 Paradise Drive, Suite 8 • Corte Madera, CA. 94925

License 570874-A

P: 415-435-1024 • F: 415-924-6248

saltrivedredge@gmail.com

General Contractor

We request bids from all qualified subcontractors and suppliers including MBE/WBE/SBE/UDBE for the following Project:

**East Bay Municipal Utility District: Camanche North Shore Boat Dock Replacement,
Oakland, CA**

Bid Date: September 11, 2013 until 1:30 PM (Accepting bids until September 10th, 2013 at close of business (5pm))

Project Description: Work includes furnishing and installing a covered floating dock for boats, consisting of 52 berthing piers, a 395 feet by 6 feet walkway and a 50 feet by 6 feet access gangway, construction of an ADA accessible parking spot with a concrete reinforced retaining wall and flat work, fire line system, electrical with security gate lock, and performing related required work located at the District's Camanche North Shore Recreation Area, Amador County, California.

Trades include, but are not limited to: Cast in place concrete, concrete reinforcing, hot dip galvanized metal fabrications, fusion bonded epoxy coatings, fire protection specialties, electrical including area lighting, site signage, utilities, floating boat dock fabrication, web-based construction management assistance, trucking, import aggregates and temporary facilities, traffic control devices, erosion control materials, pipe and fittings, ready mix concrete, surveying, construction staking, and equipment rental.

Please let us know you are interested in bidding this project. Salt River Construction Corporation will make plans and specifications available provided that any and all interested subs and suppliers contact by phone at 415-435-1024 or email address at saltrivedredge@gmail.com. Viewing is also available online at EMBUD's website at www.ebmud.com. Please contact Jeff Moseley at 415-435-1024 for additional information about project and/or project documents.

We encourage bids from all **Subcontractors/Suppliers** including MBE/WBE/SBE bidders. We are an equal opportunity employer. We offer to assist you with bonding, credit, and insurance.

REQUEST FOR SUBCONTRACTORS AND SUPPLIERS FOR:

**Alpine Avenue and Sinclair Avenue Resurfacing
(Plymouth Road to Mission Road and
State Route 4 to Fourth Street)
Federal Aid PN: STPL-5929(225)**

County of San Joaquin

BID DATE: September 19, 2013 @ 1:30 PM

We are soliciting quotes for (including but not limited to): Trucking, Water Pollution Control, SWPPP, Traffic Control System, Portable Changeable Message Sign, Adjust Frame & Grate, Clearing & Grubbing, Tree Planting, Minor Concrete, Striping & Marking, Traffic Signal Modification, Cold Planing and Construction Materials

O.C. Jones & Sons, Inc.

1520 Fourth Street • Berkeley, CA 94710 • Phone: 510-526-3424 • FAX: 510-526-0990

Contact: Kent Adams

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100% Performance & Payment Bonds may be required. Worker's Compensation Waiver of Subrogation required. Please call OCJ for assistance with bonding, insurance, necessary equipment, material and/or supplies. OCJ is willing to breakout any portion of work to encourage DBE Participation. Plans & Specs are available for viewing at our office.

REQUEST FOR LBE & DVBE SUBCONTRACTORS AND SUPPLIERS FOR:

El Cerrito High School Stadium

Bid #3541348-00

West Contra Costa Unified School District

BID DATE: September 18, 2013 @ 2:00 PM

We are soliciting quotes for (including but not limited to): Trucking, Building Structures, Site Concrete, Landscaping/Irrigation, Fencing, Electrical, Storm/Water/Sewer/Survey and Construction Materials

O.C. Jones & Sons, Inc.

1520 Fourth Street • Berkeley, CA 94710 • Phone: 510-526-3424 • FAX: 510-526-0990

Contact: Mike Crowley

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100% Performance & Payment Bonds may be required. Worker's Compensation Waiver of Subrogation required. Please call OCJ for assistance with bonding, insurance, necessary equipment, material and/or supplies. OCJ is willing to breakout any portion of work to encourage LBE/DVBE Participation. Plans & Specs are available for viewing at our office.

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Why Living in a City Makes You More Innovated

■ Continued from page 1

although they are not necessarily your friends. These are the people who bring different ideas, bring different opportunities and meetings with other great people that may help you.”

His model doesn't hold up, however, for some huge African and Asian cities that have even denser populations than cities in the West. But Pan has an explanation for that. Generally, those cities have terrible transportation systems. If people can't get around, can't have those serendipitous interactions, a city's density has less impact.

It's all about the friction.

Creative thinking

Here's other recent research on what makes us more—and less—creative:

They are, however, extremely cranky: Lose the image of the creative genius so inflamed with inspiration that he or she can go days without sleep. Not likely. According to a study at the University of North Carolina at Greensboro,

people who don't get enough sleep tend not to be all that creative.

Does “Words With Friends” count?: On the other hand, if you are staying up late, it may do you good to read a little fiction. Research done at the University of Toronto determined that people who read fiction were more comfortable with disorder and uncertainty than people who read an essay and that fostered more sophisticated thinking and greater creativity.

Do not disturb. Daydreamer at work: And it turns out that being bored at work may not be such a bad thing. A team of British scientists found that people who do tasks they find boring tend to daydream more and that can lead to more creative thinking. The question that needs to be answered now, says lead researcher Sandi Mann, is: “Do people who are bored at work become more creative in other areas of their work — or do they go home and write novels?”

Take a hike: It may not come as such a big surprise, but now there's more evidence that spending time out in nature and getting away from all your digital devices sharpens your creativity. Researchers from

the University of Kansas and the University of Utah worked with a group of people going on Outward Bound excursions and found that those who took tests the fourth day into their trips showed considerably more creativity than those who did so before their journeys started.

They also looked better: Meanwhile, in Germany, researchers concluded that people who were tested in a dimly-lit room exhibited more “freedom from constraints” and performed with more creativity than those who took the same test under bright lights.

Pretend to smell the coffee: It was just a matter of time. Near the end of last year a team of researchers from the University of Illinois at Urbana-Champaign published a study reporting that people showed more creativity in an environment of ambient sound—such as a coffee shop—than in a silent room. And now, if you're too lazy to go out for coffee, you can head right down to a website called Coffitivity and it will play a coffee shop soundtrack for you—minus the mindless cell phone chatter.

Source: *Smithsonian.com*

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