

Construction Break

PROST BUILDERS
Quarterly News

Fall 2023



Project Spotlight

Large Technology Center Under Construction

Prost Builders has been selected to build the new EquipmentShare Technology Center in Columbia, Missouri. EquipmentShare is a nationwide construction equipment rental and technology solutions company. The striking new building, with a large glass curtain wall, expresses the high-tech nature of work EquipmentShare performs. The 38,500-square-foot structure will feature offices, conference rooms, a kitchen and, of course, large high bays to bring in heavy equipment to repair, examine, and test. The company's expansion will create more than 500 jobs.

The project is being led by Superintendent Lonnie Paulson and Project Manager Jason Bias. The project scope includes: sitework, construction, finish work, structural work, fire protection, mechanical, electrical, and plumbing systems. Prost Builders is proud to build this quality construction project for EquipmentShare and the future workers that this technology center will employ when they open in the summer of 2024.



Early morning placement of the slab on grade to beat the heat for a better concrete finish.



The finished slab on-grade, with curing compound, waiting for concrete strength before starting structural steel erection.



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One Key To Success: Showing Up On Time

Are you always running late? Maybe you're legitimately busy, but sometimes chronic lateness springs from other factors. Being late all the time could give you a reputation for being undependable and/or careless.

Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. The problem is, important people like customers and your boss don't like it. Remind yourself that other people's time is important, too.
- **Validation.** Being busy can be one measure of success—"Look at all the customers/projects/important tasks I've got to do!" But if you overextend yourself, you'll burn out. Teach yourself to track other metrics that don't overwhelm your day.
- **Anger.** Sometimes we "punish" people by forcing them to waste time waiting for us. This rarely solves any problems and may exacerbate them. If you've got an issue, talk it out openly. You'll both save a lot of time and hard feelings.

SPEED BUMP

Dave Coverly



Getting Ready To Give Back?

Volunteer work can help you meet like-minded people, explore career options and make you feel more fulfilled and connected to your community. To get the most out of volunteering, start by identifying what you want to do.

Consider the kinds of activities that make you lose track of time, and choose volunteer work that incorporates your particular passions. Make a list of your limitations and preferences. Do you work better at night or in the morning? Do you like to be in charge of projects or prefer a supporting role? Remember that your goal should be to find volunteer work that gives you a charge, not one that leaves you depleted and stressed, wishing you never committed to doing it.

You might consider making a list of skills you'd like to improve or acquire, like public speaking or managing a team. Volunteering is a great opportunity to "dip your toes in the water" and see how you do.

Once you've started volunteering, keep a journal to reflect on how you are feeling, what you enjoy most and what responsibilities leave you exhausted or frustrated. Remember to take care of yourself, too, because you can't help others if you feel exhausted.

Prepared For Anything?

One rainy evening, Mary and John emerged from a restaurant after dinner to find that they'd locked their only set of keys in the car. John insisted he could open the door with a wire coat hanger, but the restaurant didn't have any. So Mary waited inside while he ran through the pouring rain to a hardware store four blocks away to buy one.

After fifteen minutes, he managed to pop the lock. He waved for Mary to run out and jump in the car, and started it up. As they drove away, John, soaked to the bone, put the wire hanger under his seat.

"Now if this happens again," he said, "we'll have one right here."

Zig's Words Of Wisdom

Motivational writer and speaker Zig Ziglar has a lot to say, and his words have inspired thousands of people to reach for and achieve their dreams. Here's a selection of some of his most powerful quotes:

- "You can have everything in life that you want if you will just help enough other people get what they want."
- "The greatest good we can do for others is not just to share our riches with them, but to reveal theirs."
- "Your attitude, not your aptitude, will determine your altitude."
- "Every choice you make has an end result."
- "If you learn from defeat, you haven't really lost."
- "If you wait until all the lights are green before you leave home, you'll never get started on your trip to the top."
- "Sometimes adversity is what you need to face in order to become successful."

The First Weatherman

The earliest-known weather journal was the work of English scholar William Merle. It covers seven years, from 1337 to 1344.

Merle lived before the invention of the thermometer, the hygrometer and the barometer—and before the use of rain gauges became common in Europe. The entries in his diary take the form of simple, yet detailed, observations of the conditions. The journal was discovered in the Bodleian Library in Oxford, England, in the 1880s.



Project Spotlight

The Broadway Hotel Phase II

Paric Corporation selected Prost Builders to construct the massive concrete foundation and concrete super structure for its new, eight-story Broadway Hotel tower addition just off Walnut Street in Columbia, Missouri.

The tower will be built adjacent to the Short Street parking garage on the garage's west side. The photo pictured here shows one of the 100-cubic-yard concrete foundation pours in progress. The project is led by Superintendent Matt Schaffer and Project Manager Richard Northeimer.



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Employee Spotlight

Cristina Saylor, Projects Administrator

Cristina Saylor joined Prost Builders in 2023, bringing more than 18 years of experience in the A/E/C (Architect/Engineering/Construction) industry. Starting her career in a Kansas City based engineering firm, Cristina has experience working with clients in commercial, transportation, public, federal, telecommunications, and industrial markets.

Since moving back to central Missouri in 2015 to be closer to family, Cristina has been focused on construction rather than design. She enjoys doing projects around her 1928 bungalow, antique shopping, and reading books in her spare time. Prost Builders looks forward to her experience in her role as Projects Administrator.

