

Construction Break

PROST BUILDERS

Quarterly News

Summer 2024



Rendering: The Architects Alliance, Inc.

Project Spotlight

Special Learning Center Expansion Project

The Special Learning Center recently awarded Prost Builders their new expansion project consisting of a renovation and new clinic for a larger school in Jefferson City. The school purchased an existing 30,000-square-foot building for a complete renovation to accommodate students with special needs. The current lack of additional room for the students with learning and/or physical disabilities was important to address for the community and surrounding school districts.

Work on the interior of the existing building will include gutting and renovating it completely, and adding a small kitchen. The renovation project includes a community room that will also serve as a tornado shelter. Two playgrounds will be created for the students' outdoor play, and the entrance of the facility will have a new canopy for cover during inclement weather.

The brand new, 10,000-square-foot therapeutic clinic will be a pre-engineered building with a standing seam metal roof for longevity. This upgrade in size for the school, and the availability of a clinic, will be a great addition for the Special Learning Centers' goal to help students in reaching their academic goals. The new clinic and renovated facility were designed by The Architects Alliance with Leslie Backstrom, Architect. The Prost Construction Team will be led by Project Manager Richard Northheimer and Superintendent Ben Rademan.



Above: Director Stephanie Johnson, faculty, teachers, students, and Prost Builders' President Vaughn X. Prost participate in the groundbreaking ceremony. Right: The Prost Builders' Team: Project Manager Richard Northheimer and Superintendent Ben Rademan with President Vaughn X. Prost



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True or false?
The Danish
company, LEGO,
was originally
called Billund
Maskinsnedkeri?

True or False?

1. In 1953, Swanson had 260 tons of frozen turkey leftover after Thanksgiving, so they packaged them into trays with peas and potatoes, and the TV Dinner was born.
2. It took the editors of the first *Oxford English Dictionary* three years to reach the word ant.
3. The word *dude* originated in the 1800s as an insult to men overly concerned with the latest fashion trends.
4. Continental plates drift as fast as fingernails grow.
5. The national animal of Scotland is the unicorn.
6. Fish can cough.
7. The football on top of the Vince Lombardi Trophy, given to the Super Bowl winning team, is three quarters the size as a regulation football.
8. The Danish company, LEGO, was originally called Billund Maskinsnedkeri.
9. "Q" is the only letter of the alphabet that does not appear in any U.S. territory or state name.

Answers: 1 - True; 2 - False. It took five years
3 - True; 4 - True; 5 - True; 6 - True; 7 - False. It
is the same size as a regulation football; 8 - True;
9 - True.

Top 10 Construction Innovations

The construction industry is constantly evolving, and 2024 is no exception. Here are the top 10 construction trends and innovations for 2024 according to *planradar.com*.

1. Construction Management Software (CMS) - CMS is a cloud-based software that helps construction teams manage a project's planning, scheduling, communication, and documentation. CMS can improve efficiency, reduce costs, and improve communication between all stakeholders.

2. Building Information Modelling (BIM) - BIM uses three-dimensional (3D) models to represent a building's design, construction, and operation. BIM models allow architects and engineers to collaborate on a project and share information.

3. Drones and UAVs - The use of drones and Unmanned Aerial Vehicles (UAVs) in the construction industry is still in its early stages, but it is expected to grow rapidly in the coming years. They are being used for site surveying and mapping; inspections; and 3D modelling, which can be used to visualize the project and identify potential problems.

4. Net Zero Energy Buildings (NZEBS) - NZEBs produce as much energy as they consume over the year; helping the environment and making good business sense.

5. 3D Printing - 3D printing is becoming a big deal. Instead of traditional bricks and mortar, 3D printers can create three-dimensional objects from a digital file. This rapidly evolving technology has been used to create houses, bridges, and even skyscrapers. It is used to create custom parts and components, reducing waste and improving efficiency.

6. Robotics and Automation - The shortage of skilled workers, a need to reduce costs, and a desire to improve sustainability have led to the use of robotics to automate some repetitive and dangerous tasks, such as bricklaying and welding. Automation can free up human workers to focus on more skilled and strategic tasks, and reduce the number of accidents on construction sites. Robots are not susceptible to human error and can consistently produce high-quality results with fewer defects and rework.

7. Renewable Energy Integration - The construction industry is a major contributor to climate change, accounting for 39% of global energy-related CO2 emissions. As the world transitions to a clean energy future, the construction industry is also undergoing a transformation by using solar panels to generate electricity, wind turbines to generate power, or geothermal systems to heat and cool buildings.

8. Offsite Construction - Offsite construction is a method of building structures in a factory or other controlled environment and transporting them to the construction site for assembly. This is a positive trend that will help to make the construction industry more efficient and sustainable.

9. Connected Construction Sites - Connected construction sites use a network of sensors, devices, and software to connect people, equipment, and data. This allows real-time communication and collaboration between all stakeholders, improving safety, efficiency, and productivity.

10. Advanced Safety Technologies - Construction is one of the most dangerous industries in the world, with a fatality rate three times higher than the national average. Advanced safety technologies being developed to help make construction sites safer include: virtual reality for training; augmented reality; wearable devices that can track worker activity and send alerts in case of an emergency; and artificial intelligence to analyze data from sensors and cameras to identify potential hazards.

Makes Purrfect Sense

Domestic cats purr at about 26 cycles per second, the same frequency as an idling diesel engine. They start purring at one week old and purr both when inhaling and when exhaling. Young cats purr in monotone but older cats purr in two-to-three resonant notes. A cat is showing contentment when it purrs.

4 Things To Improve Your Mood At Work

Even the most routine job can be a source of satisfaction if you have the proper attitude. Try these suggestions from the *Monster.com* to stay positive all day long:

- **Build a “nest.”** Turn your workspace into a comfortable, welcoming area to spend eight or nine hours a day. You don’t have to go overboard with decorations, but bring in a few photos, some books and maybe a plant to give your workspace a pleasant atmosphere for you and others.
- **Make friends.** Don’t isolate yourself. Build a support system of co-workers. Try to avoid venting or talking endlessly about your problems. Ask about their lives, hobbies, and families to find out what you have in common and what you can share.
- **Walk around.** Sitting at your desk all day long is bad for your physical and mental health. Once every hour or so, get up and move around your workplace. Get your blood flowing. You’ll have more energy and feel less drained at the end of a tough assignment or a long day.
- **Get, and stay, organized.** The best way to beat stress and stay relaxed is to manage your time and resources effectively. For some people, a simple to-do list is the answer; others may require extensive scheduling to make sure every priority is taken care of.

SPEED BUMP

Dave Coverly



Most Active Hurricane Season Forecast

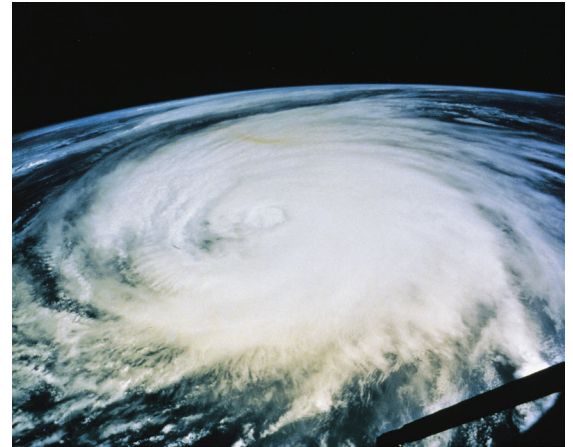
The National Oceanic and Atmospheric Administration (NOAA) are predicting the busiest storm season the agency has ever forecasted—a potentially devastating warning for the East Coast and Gulf of Mexico following a string of devastating storm seasons.

According to *Forbes*, in its 2024 forecast, NOAA predicts between 17 and 25 named storms, including between eight and 13 hurricanes and four to seven major ones (category 3 and above, with maximum wind speeds of at least 111 mph), outpacing the average of 14 named storms observed per year over the past 30 years.

NOAA attributes the dismal outlook to near-record warm sea surface temperatures, as well as the return of the weather phenomenon known as La Niña, which in addition to providing cooler temperatures in the Pacific, also lessens a wind shear effect in the Atlantic, reducing disruptive wind speeds that could offset hurricane formation.

Meteorologists at AccuWeather have also warned the 2024 Atlantic season could be “explosive,” warning in March of a storm season that could hit a “record-setting pace” with as many as 25 named storms, well above the historical average—AccuWeather meteorologists expect four to seven of those storms to make landfall in the U.S.

If both forecasts hold true, the 2024 season would surpass the 19 named storms and seven hurricanes observed last year, as well as the 14 named storms recorded in 2022.



What Do a.m. and p.m. Mean?

According to *Dictionary.com*, a.m. stands for the Latin phrase *ante meridiem*, which translates to “before midday.” The term p.m., on the other hand, is an abbreviation of *post meridiem*, or “after midday.” As with many modern-day practices with Latin roots, the idea of splitting the day into two 12-hour chunks is very, very old. So old, in fact, that we don’t know exactly how it became a worldwide habit. Its history dates back to ancient Egypt and Mesopotamia at the very least.

How should you write a.m. and p.m.? If you’re writing a.m. or p.m. in anything formal—an academic paper or published article—you should stick to lowercase letters and include the periods. But as *Dictionary.com* notes, it is OK to use “am/pm” or “AM/PM” elsewhere, as long as you keep it consistent.

Another Reason Not To Skip Your Workout: Brain Health

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older. A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40% less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren’t as physically active.

Exercise didn’t appear to have any impact on the subjects’ risk of Alzheimer’s disease, which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

Project Spotlight

Co-Mo Electric Sunrise Beach Operations Facility

Prost Builders is constructing a 22,000-square-foot warehouse addition and office renovation to the Co-Mo Electric Sunrise Beach Operations Facility. The facility—a heavy industrial space with an office area—is currently undergoing a renovation that will provide a modern look and better functionality by blending the new and the old with a single roofline. Project Manager Jason Bias and Superintendent Jeremy Schulte are leading the Prost Team as work continues on site finishes, concrete work, and a shop area for the facility that serves Lake Ozark, Tipton, and Sunrise Beach communities. With the addition, the total square footage of the facility will be 33,400 square feet, and will maximize natural light for comfort for the office workers.



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Employee Spotlight

James Sargent, Project Manager

James joined Prost Builders in 2023 as Assistant Project Manager and was promoted to project manager in early 2024. He brings with him years of project management experience in residential construction across multiple markets.

James began his career in southern California in 1986 as a residential painter. He became a superintendent in 1997, running work for McMillin Properties and D. R. Horton. In 2001, James and his wife, Tina, moved their sons to O’Fallon, to be closer to his parents and brother. He continued his career as superintendent, project manager, and construction manager for McBride Homes over a 12-year period. He then worked for Lombardo Homes as superintendent for eight years as he became area construction manager and director of construction for the division. In 2022, James and Tina moved to Jefferson City to be closer to their extended family, and they both love to travel internationally, cook, garden, and spend time with their family and two dogs.