

# CONSTRUCTION BREAK

PROST BUILDERS  
Summer 2025



*The façade of the Special Learning Center facility.*

## The Special Learning Center’s SKIP Clinic and School Nearing Completion in Jefferson City

**P**rost Builders and their team have been working steadily to complete the Special Learning Center’s SKIP Clinic and School in Jefferson City. The scope of the project includes a brand new 10,000-square-foot therapeutic clinic and the 30,000-square-foot total renovation of the existing building for children with learning and/or physical disabilities.

The Special Learning Center’s building was completely gutted and renovated inside, while the exterior received a new façade and metal roof for longevity and easy maintenance. The School will double the number of children from Central Missouri communities who will be able to receive childcare services, plus have classrooms dedicated only to children with autism, additional early childhood special education classrooms, all-day classrooms,



*The pre-engineered building for Special Learning Center’s new SKIP clinic.*

and enhanced therapy services for children. Project Manager Rich Northeimer and Superintendent Ben Rademan have been leading the Prost Team to finish the brand-new SKIP Clinic (Super Kids Infinite Possibilities), which is a specialized pediatric outpatient therapy clinic that will accommodate up to 20 rooms for children needing specialized pediatric care, such as occupational, physical and speech therapy.

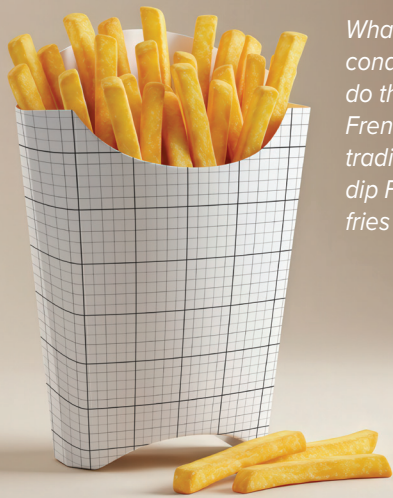


*Work continues on the interior of the Special Learning Center’s school.*



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What condiment do the French traditionally dip French fries in?

- 1) What condiment do the French traditionally dip French fries in?
  - a) mustard
  - b) mayonnaise
  - c) chutney
  - d) ketchup
- 2) Which famous American coined the Maxwell House slogan “good to the last drop”?
  - a) Annie Oakley
  - b) Ed Muskie
  - c) Teddy Roosevelt
  - d) Leo Burnett
- 3) Where on a horse would you find the body part called a “frog”?
  - a) neck
  - b) hoof
  - c) mane
  - d) tail
- 4) The Nickelodeon cable network premiered in 1979 under what name?
  - a) Pinwheel
  - b) Playdate
  - c) Jigsaw
  - d) Toboggan
- 5) What laundry additive was the long-time sponsor of the TV series Death Valley Days?
  - a) 20 Mule Team Borax
  - b) Purex
  - c) Downy
  - d) Mrs. Stewart’s Liquid Bluing
- 6) What former Brat Pack-er portrayed Bill Gates in the 1999 TV movie Pirates of Silicon Valley?
  - a) Emilio Estevez
  - b) Andrew McCarthy
  - c) Judd Nelson
  - d) Anthony Michael Hall

—mentalfloss.com

Answers: 1) b; 2) c (Strangely, Coca-Cola was also using the slogan at the time); 3) b (It’s the triangular indentation on the underside of a horse’s hoof); 4) a; 5) a; 6) d

## Squinting Helps You See Better

We’ve all been there: You’re struggling to see something properly, so you narrow your eyes and somehow bring the object into clarity. But when you think about it, there’s something counterintuitive about squinting. Why does using less of your eye help you see something more clearly?

It’s because your lens, on the front of your eye, is constantly changing shape in order to focus on objects both near and far. Squinting temporarily reshapes the lens further to help focus light where it needs to go and to reduce the amount of light going into your eye. To see well, we need light to be focused by the lens to hit the retina—which is located at the back of the eye—as precisely as possible. There are limits to how well we can do this, particularly in challenging light conditions, or when our lenses aren’t in great shape. This applies to a lot of us, as our lenses change as we age.

Like narrowing the aperture on a camera, narrowing your eyes with your eyelids reduces this interference and only allows light to come in nearer the center of the lens, allowing for a more focused concentration of light on the retina. This is sometimes called the pinhole effect.

## Winning People Over

You’ve got a great proposal to make your workplace more efficient and effective. But getting your co-workers’ support is going to be tough. Here are a few tips that will smooth the way:

- **Know the sticking points.** Never walk into a presentation without considering which issues will come up. Try to anticipate others’ concerns and reactions, and draw up a game plan to handle them.
- **Focus on the issues.** Don’t take objections personally. Stick to the issues and your goals.
- **Gain understanding.** Listen carefully to get to the bottom of objections and differences of opinion so you can move toward resolving the issues.
- **Ask for help.** Seek the advice of mentors and people you respect. You’ll need the backup when you face resistance from colleagues.
- **Choose your battles.** Remember that not all issues carry the same weight or importance. Select your battles; put your energies into the ones that count.

## The Importance Of Training

Training is important to the development of your staff’s success. But training sessions are often met with boredom or skepticism by employees who see them as a waste of time. These tips can help encourage participation:

- **Get input from the trainees.** Before you plan a training session, find out what employees think of the proposed training. What do they think they can get out of it? What would they like to accomplish?
- **Explain how the training will help them do their job better.** Make sure they see how the training will let them become more effective, and how it will benefit them personally and professionally.
- **Emphasize that training is meant to improve skills.** Acknowledge what people already do well, and shift the focus to what they can improve.
- **Be an active participant.** Don’t just observe. Take part in training. This way, you reaffirm the message that everyone can benefit from the training.

# Why Do Clowns Wear Big Shoes?

A clown starts his or her clowning from the ground up, which is why their big, floppy shoes are so recognizable. But what's behind this funny business?

The tradition originates from early clowns, upon whom modern iterations have based their look. The white face paint is said to come from Pierrot, a French clown, while the baggy clothes are inspired by Joseph Grimaldi's "Joey," who first appeared in England in the early 1800s

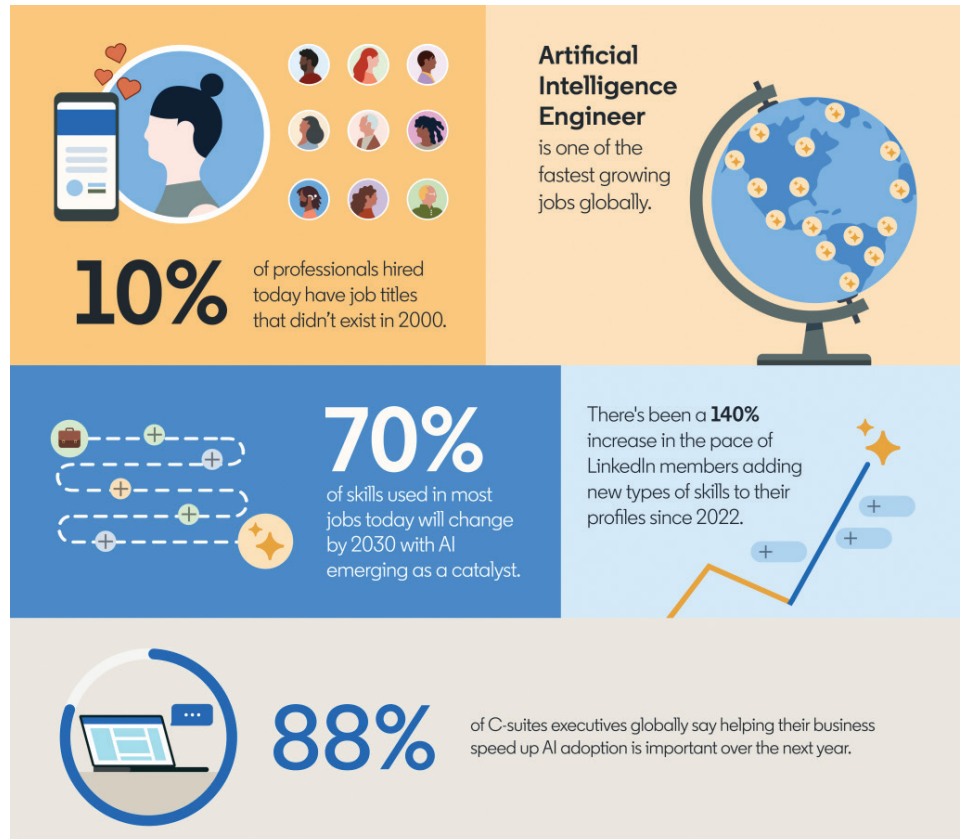
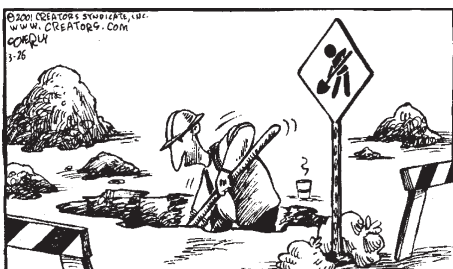
and who *Encyclopedia Britannica*

credits as being "the earliest of the true circus clowns."

Joey himself was likely inspired by even earlier characters from English touring theaters. The main three—Pickelherring, John Posset, and Stockfish—rose to popularity in the 17th century when these companies played throughout Germany, and their buffoonery was exemplified by the absurd clothing the actors wore—big shoes included.

## SPEED BUMP

Dave Coverly



# The Impact of AI

AI is changing work, and businesses and professionals are having to adapt. LinkedIn's inaugural *Work Change Report: AI Is Coming to Work*, reveals how AI is creating new jobs and skills, transforming careers, and spurring productivity and innovation. Some top findings include:

- Professionals entering the workforce today are on pace to hold twice as many jobs over their careers compared to 15 years ago.
- By 2030, we expect 70% of the skills used in most jobs will change, with AI emerging as a catalyst.
- 88% of C-suite executives globally say helping their business speed up AI adoption over the next year is important, and 80% believe it will foster a more innovative workplace culture.
- 51% of the businesses that have adopted Generative AI (GAI) reported a revenue increase of 10% or more.

# Fun Facts About Coffee

- Coffee beans are actually seeds from the coffee plant's berry-like fruits.
- Coffee beans are green when they are picked.
- The world's first coffee house opened in Turkey in 1475.
- Brazil is the largest coffee producer in the world.
- Light roasts have more caffeine than dark roasts.
- The first home espresso machine was invented in 1938.
- The most expensive coffee in the world is called Kopi Luwak and will cost you \$600 per pound.



## Project Spotlight

# Columbia Sports Fieldhouse Nearly Complete

The new 36,000-square-foot addition to the Columbia Sports Fieldhouse is nearly complete.

The project adds four new hardwood courts for pickleball, basketball and volleyball, a meeting room, office space, restrooms, and common areas to address the needs of the multi-use indoor sports facility. Regional and national basketball, pickleball, and volleyball

tournaments will be held in the new addition for both adult and youth leagues.

Project Manager James Sargent and Superintendent Jason Hurley are leading the Prost Team to complete this project so residents of Columbia and the surrounding areas can enjoy the new sports fieldhouse addition for many years to come.



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## Employee Spotlight

# Ashley Rudd, Deputy Finance Vice President

Ashley Rudd is Deputy Finance Vice President for the Disbursement/Accounts Payable division at Prost Builders. She grew up in Fulton, Missouri, and took accounting classes in high school, where it fueled her love for accounting and the challenges that come with it.

Ashley obtained her degree in Accounting and Finance and worked for the State of Missouri before deciding to come to Prost Builders to learn the private side of business.

Ashley lives with her husband of 12 years and three children, where she likes to kick back and read mystery thrillers in her hammock, bake with her kids, and solve puzzles.



Ashley Rudd

75<sup>+</sup>  
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