

Construction Break

PROST BUILDERS

Quarterly News

Summer 2023



Project Spotlight

The Carnahan Memorial Garden Restoration

The Carnahan Memorial Garden is an oasis in the center of the Capitol Complex in Jefferson City. A popular wedding and event venue, the pergola and pavilion in the garden needed restoration. The State of Missouri selected Prost Builders to do this historic restoration using clear heart redwood lumber. This was a special project for the First Lady of Missouri, Mrs. Parsons, since the work was taking place only a few short steps from the Governor's Mansion. The First Lady was a frequent "construction inspector," so everything had to be perfect.

Prost Builder's carpentry crew was able to deliver that perfection this summer. The Prost Team was lead by Molly Scott, Construction Project Manager, and Troy Wieburg, Superintendent. Future couples who decide to get married in the Memorial Garden will now enjoy a newly-restored pergola and pavilion.



The newly-restored pergola.



Work is underway to replace the roof and fascia.



PROST BUILDERS, INC.

P.O. Box 1727
Jefferson City, MO 65102
573-635-0211
info@prostbuilders.com

3305 Crawford Street
Columbia, MO 65203
800-635-0212



How many bricks were used to build the Great Wall of China?

Can You Guess?

- What is the Statue of Liberty made of?
 - copper
 - wood
 - concrete
 - bronze
- How many lights are on the top of the Empire State Building?
 - 200
 - 400
 - 1,000
 - 1,200
- How long did it take to build the Taj Mahal?
 - 12 years
 - 20 years
 - 25 years
 - 7 years
- How many bricks were used to build the Great Wall of China?
 - 1.2 billion
 - 3.8 billion
 - 4.6 billion
 - 5.1 billion
- How many blocks of stone were used to build Ancient Egypt's Great Pyramid?
 - 1.1 million
 - 2.3 million
 - 2.9 million
 - 3.1 million
- What is the world's tallest building?
 - Shanghai Tower
 - Ping An International Finance Centre
 - Merdeka 118
 - Burj Khalifa

Answers: 1 (a); 2 (d); 3 (b); 4 (b); 5 (b); 6 (d)

7 Ways To Google Like A Pro

Pretty much everything is available on the internet, and Google is one of the main ways people search for information. And while you might think it's obvious, many internet users don't know how to use Google search efficiently and effectively.

In truth, Googling is an art. To get the right answers, you need to ask the right questions. And to get the right answers quickly, you must know how to ask the right questions. Everyone should learn the how part, and that's what this article is all about. Below are some helpful tips and tricks you can use to find correct answers to your questions effectively and efficiently.

- Use quotes to get an "EXACT" match.** This means that all the results will include pages that contain all the terms in your question that you put within quotes.
- Search within a specific site.** If you want Google to return results from within a particular website, just add site: before the question you are searching.
- Exclude a term from search results with a hyphen.** If you don't want a term or phrase to appear in your search results, then just add - in front of that word.
- Search images by size.** If you want to search images of a particular size, then use the tag imagesize: in your search query along with the width and height in pixels.
- Use a wildcard to make searches.** If you are unsure about or have forgotten any term in your search query/question, then use the wildcard * character. Google will replace it for you with relevant terms.
- Search for a particular file type.** If you want to get search results that contain a particular file type such as PDF or PPT, then add filetype:pdf or filetype:ppt.
- Combine searches using logic.** If you want your search results to contain two terms, then put the and keyword in between them.

Are You Outsmarting Yourself?

No matter how smart you are, there's always more to learn. But some people don't get that. They're so impressed by their own achievements that they forget how much they don't know. Watch for these signs that you may be too "smart" for your own good:

- You devote so much energy to convincing other people of your point of view that you don't take the time to understand theirs.
- You haven't changed your mind about anything in recent memory.
- You can't identify or explain your basic assumptions about people, business or life because they seem so obvious to you.
- You'd rather fix mistakes than figure out why they happened.
- You rarely read anything for self-improvement or about your industry.

Cool Tips to Cope With a Hot Car

According to an article in *Mental Floss*, coping with a hot car usually means a little pre-planning. Parking in a spot with shade is an obvious choice, but that's not always feasible. Instead, you can put up a sunshade or place a towel over your dashboard to block the sun from heating the surface and use piece of foam—like a drink coozie—over the gearshift. Moving the steering wheel down or turning it upside-down while the car is parked can also keep it out of the sun and cooler to the touch when you get ready to handle it.

Once you're in the car, you can lower the temperature immediately by opening the windows and sunroof to exhaust the hot air. But don't try to hit the road running. According to *Consumer Reports*, using your key fob to pre-start your car and letting the AC run before you climb in isn't going to help all that much. Your AC compressor works best when your engine is working to move the car, not when it's idle. Once you're inside, set the AC as low as you can. If you set it higher, the car may actually work to reheat air that's already cooled, which is counter-intuitive as well as a waste of fuel.

Decisions, Decisions: How To Delegate

Delegation isn't always about assigning specific tasks. Sometimes it's about delegating decisions, which can make managers and employees alike nervous. Ease the tension by clarifying exactly what you expect. Decision-making assignments usually fit into one of these three boxes:

- **Recommendation.** Some decisions you have to make yourself, but you can assign the employee to make a recommendation. Ask the employee to research the options and present his or her opinion as to which would work best. You still control the final decision, while the employee learns from analyzing the situation and making the recommendation.
- **Inform, then implement.** Empower the employee to research and select the best option, inform you, and then be ready to implement it. Reassure him or her that you will be available to help in a pinch. You still retain veto power, but ideally the employee will choose well and your approval will be a formality.
- **Take action.** When you're confident the employee can handle the task independently, assign the authority to act. The employee then carries out the entire task with your backing. Let the rest of your workforce know that the employee is acting in your name—and be sure the employee understands the responsibility with which you're entrusting him or her.

SPEED BUMP

Dave Coverly



Bad Habits Of Ineffective Managers

Nobody's perfect, but some bad habits can do serious damage to your career if you're not careful. If you recognize any of these common managerial mistakes in your performance, take action to correct them while you still have time:

- **Not meeting your commitments.** Many managers have a hard time saying "no" to colleagues, so they accept more work than they can possibly do. The symptoms are easy to spot: missed deadlines, bringing work home, less-than-stellar results. Learn how to say no. Most people would be happier with a "no" up front than missed deadlines and sloppy work.
- **Burying yourself in details.** The best supervisors and managers concern themselves with delegating and evaluating assignments. They don't try to master and manage all the data on their own. Don't ask employees for a blow-by-blow description of each project. Don't get bogged down in the nitty-gritty details; avoid getting involved with every single decision.
- **Taking back the "monkey."** How many times have you delegated work to someone, only to find yourself doing the majority of it anyway? This is called "taking the monkey" of responsibility back. When you delegate something, make sure it sticks.
- **Not following up.** The opposite of taking the monkey back is the manager who, once something is delegated, never thinks about it again. Your role as a supervisor is to delegate effectively, but at the same time make sure quality levels and deadlines are being met. You do this by following up on a regular basis.

"Every problem is a gift. Without problems, we would not grow."

—Tony Robbins

Analysis of Beethoven's DNA Reveals Clues

Ludwig van Beethoven (1770-1827) was arguably the world's first rock star. His sensational compositions electrified audiences. Like many other musical geniuses, his life was also fraught with a lot of unanswered questions. Thanks to new DNA analysis, historians might be closer to getting some answers.

A paper published in *Current Biology* looked at locks of the pianist's hair, which have survived through history in the hands of private collectors. The hope was that genetic analysis might provide some clues about the composer's health struggles. Famously, Beethoven suffered from hearing loss that grew worse later in life, though no diagnosis of what caused the loss was ever made in his lifetime. (Childhood infections with typhus or smallpox are possibilities, though never proven.) Beethoven tried a number of home remedies, including almond oil and leeches, to little avail. He also developed gastrointestinal problems as well as liver disease, the latter of which may have contributed to his death at age 56.

Using five hair samples confirmed to be from Beethoven, scientists examined his DNA for possible disease markers. A total of 10 feet of hair was examined. They discovered Beethoven had genetic risk factors for liver disease as well as a hepatitis B infection, both of which were likely factors in his demise. (Beethoven was said to be a heavy drinker, as well.)

Nothing was found that could explain his hearing loss, which led to his being functionally deaf by the age of 48. Nor was there any indication of what could have caused his complaints of stomach issues, though lactose intolerance and celiac disease were ruled out.

Project Spotlight

Missouri Department of Conservation Renovation



Prost Builders recently completed the entire exterior renovation of the Missouri Department of Conservation's Information Technology Building. New standing seam roof, new siding, and new windows give the building a fresh look and a long-lasting exterior finish.

Project Manager Molly Scott and Superintendent Troy Wieburg lead the Prost team in completing this project to everyone's satisfaction.



PROST BUILDERS, INC.

P.O. Box 1727

Jefferson City, MO 65102

Project Spotlight

Community Safe Room Addition

Prost Builders is pleased to be working with The School of the Osage on the construction of a community safe room, which will be located behind the school and will have a safe capacity of 563 persons. When not being used during storm emergencies, the facility will function as classroom space, meeting rooms, locker rooms for both boys and girls soccer, a visitors locker room, middle school wrestling practice facility, coaches offices, training room, and an officials changing area. The facility will also include guest restrooms, concessions area, and storage. Funding for the project is from a Federal

Emergency Management Agency Hazard Mitigation Grant. The facilities will be ready for the start of the Fall school year. The soccer coach and team are really looking forward to the new facilities. The Prost on-site team is lead by Jeremy Schulte, a 28-year employee of Prost Builders and Kevin Fahy, Construction Project Manager, who will be retiring after this project is complete.

