

Construction Break

PROST BUILDERS

Quarterly News

Summer 2022



The Olen Howard Workforce Innovation Center at State Fair Community College is now open.

Olen Howard Workforce Innovation Center Now Open

The Olen Howard Workforce Innovation Center at State Fair Community College in Sedalia, Missouri celebrated last month with the first classes in their new 40,000-square-foot facility. The Center’s classrooms and training areas are designed to teach the latest welding techniques and computerized machine tool operations. This new space more than doubles the college’s capacity in precision machining and welding, and expands other programs such as industrial maintenance, robotics, logistics, leadership/supervisory skills, and apprenticeships. The Innovation Center will increase the pipeline of students pursuing high-demand, technical careers; provide under-served and nontraditional populations with avenues to obtain technical skills training; and give area employers the opportunity to skill-up and train workers locally.

Thanks to the Olen Howard family, NUCOR Corporation, federal grants, local businesses, and individuals, \$10 million was raised to design, build, and equip the building with the latest technology. Prost Builders is proud to have been selected as the General Contractor on this project. The on-site Prost Team included Construction Project Manager Jason Bias, Superintendent Jeremy Schulte, and Assistant Superintendent Chase Taggart.



The welding lab will enable students to learn the industry’s latest techniques.



This classroom features a range of computerized tools for precision machining.



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Test Your Knowledge

1. What was the first Lifesaver flavor?
 - a. Cherry
 - b. Lime
 - c. Peppermint
 - d. Sassafras
2. How many red squares are there on a standard checker board?
 - a. 32
 - b. 28
 - c. 30
 - d. 26
3. What is Cap'n Crunch's first name?
 - a. George
 - b. Jeffrey
 - c. Charles
 - d. Horatio
4. Before starting to make cars, what was Toyota's first product?
 - a. A tractor
 - b. A loom
 - c. A vacuum cleaner
 - d. A sewing machine
5. Which popular toy, that is still widely used today, was invented by Arthur K. Melin in 1958?
 - a. Hula hoop
 - b. Slinky
 - c. Jacks
 - d. Jump rope

ANSWERS: 1. c; 2. a; 3. d; 4. b; 5. a

—Random Trivia Generator

Conduct An Inventory Of Your Successes To Get Back On Track

Most of us have fallen into the trap of undervaluing our achievements. No matter what we've achieved, on a bad day we can easily view our lives as a series of failures and disappointments. But you don't have to surrender to negativity. When you start feeling like a has-been, step back and make a list of your accomplishments. Examine these four categories:

- **Education.** Review the classes you've completed, the degrees you've earned, and your professional certifications.
- **Professional positions.** List every major job you've ever held, along with the responsibilities and authority you had.
- **Projects.** Look at every project you've been involved in that met with success because of your contributions, large or small.
- **Accomplishments.** Note every career achievement: awards, promotions, significant praise from superiors, and so forth, along with its importance to your organization, the community, your family, and yourself.

This "success inventory" will help you get back on the track of thinking positively about your strengths and potential. Don't let negativity and self-talk weigh you down.

"Today I will do what others won't so tomorrow I can accomplish what others can't."

—Jerry Rice

The Stuff Dreams Are Made Of

Dreams may reveal our fears, our desires, our emotions, our repressed experiences—or they may just be random electrical impulses. Psychologists have tried to clarify what's really going on when we're running naked pursued by a herd of singing pink hippos. Here are interpretations of common dreams:

- **Falling.** You may sense that something is out of control, or that you're at risk of failure.
- **Flying.** Soaring in the sky can indicate you're feeling extremely confident or proud of something in your life. But if you're struggling to stay aloft, or worried about falling, you may have anxiety about what you're doing in some area.
- **Running.** Maybe you're being chased—or just running but not going anywhere. You could be feeling stuck, just going through the paces. Or you sense a threat you want to get away from.
- **Naked.** It's likely that you're feeling exposed, embarrassed, or unprepared, or that you wish to hide something.
- **Teeth falling out.** This can express fears surrounding one's appearance, or the ability to communicate. You may feel helpless, humiliated, or unable to speak your mind.
- **A hallway.** This symbolizes self exploration. It is the beginning of the path that you are taking in life. You are going through a transitional phase and journeying into the unknown.
- **A ladder.** This suggests that you have reached a new level of achievement. It is symbolic of prosperity, hard work, and your efforts.



Be Extra Cautious When Working In These Areas

Workplace injuries and illnesses in the private sector have declined steadily every year since 2002, but millions of Americans are still seriously hurt or killed on the job every year.

Where are employees most at risk? Take a look at *OSHA's* most cited workplace violations in 2021:

- Fall Protection – General: 5,295 violations
- Respiratory Protection: 2,527
- Ladders: 2,026
- Scaffolding: 1,948
- Hazard Communication: 1,947
- Lockout/Tagout: 1,698
- Fall Protection – Training: 1,666
- Personal Protective and Lifesaving Equipment – Eye and Face Protection: 1,452
- Powered Industrial Trucks: 1,420
- Machine Guarding: 1,113

SPEED BUMP

Dave Coverly



Find Satisfaction In Giving 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.

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, consider keeping 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.

Poultry In Motion

A farmer sent his teenage son to the market to buy some chickens. The young man was eager to do a good job, so he drove quickly, bought a crate of chickens, and got a receipt. He threw the crate in the back of his pickup truck and started home.

Driving along, he hit a rock in the road, and the crate flew out of the truck and broke apart. The frightened chickens scattered in all directions.

The boy frantically began gathering up the chickens, but they ran through the neighborhood, hiding behind bushes and houses on the street. By the time the son had collected every chicken he could find, he was exhausted. He had to drive with them in the cab of his truck until he reached the farm.

He jumped out and gave his father the receipt and his change. The chickens jumped from the cab and milled around, cackling and squawking. “Well, Dad?” asked the boy. “Did I do all right?”

“Son, you did fine.” His father patted the young man's shoulder.

“According to the receipt, you paid for six chickens, and you brought home eight.”

Try A “Spending Fast” To Break Your Overactive Buying Habits

TheStreet.com recently asked some financial planning pros for their best tips on living within a budget.

One suggestion that sounds particularly intriguing is declaring a moratorium on spending. Commit to spending absolutely no money for one day a month. Try stretching it to two or three days if possible. Once you've nailed that, try a no-spend month!

You'll find out how much money you spend without thinking about it, and you'll break yourself of the habit of reaching for your wallet on impulse. And you may find more constructive ways to spend your time instead of your cash. You may even lower your stress levels, become more resourceful, use what you already have, and rediscover that some of the best things in life are free.

Jefferson City, Missouri

Construction Continues At Capital City High School

Construction continues on the new Capital City High School football and soccer stadium. Prost Builders' concrete crews completed the first football cast-in-place concrete bleachers last month. The Prost team has more than 15 craftsmen performing the concrete work for this project, which is lead by Project Manager Kevin Fahy, Superintendent Louis Giek III, Lead Carpenter Foreman Matt Schaffer, Laborer Foreman Troy Wieberg, and Ironworker Foreman Dave Horton. The stadium has risen in height and is now visible from Mission Drive and Highway 179.



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Employee Spotlight

Kale Spry, Construction Manager/Estimator

In high school, Kale Spry enrolled in a computer aided and drafting class, which sparked his interest in construction. Kale competed in Skills USA's drafting tournament, where he won awards in both Mechanical and Architectural Drafting competitions at the state level. He then went on to compete in a national drafting competition for Architectural Drafting and won 12th place.

Kale later attended the University of Missouri as an Engineering student. After graduating, he was hired as a survey crew chief with McClure Engineering, where he stayed for four years. Kale then worked as a Project Manager with Hercon Construction, building custom homes and completing light construction projects before joining Prost Builders.

Kale and his wife Paige have renovated multiple single-family homes around northern Columbia, Missouri. Recently, they built a "barndominium" on 18 acres of land on the outskirts of Columbia. Kale and Paige spend most of their time on their dock with their two dogs, enjoying the outdoors and all it has to offer.