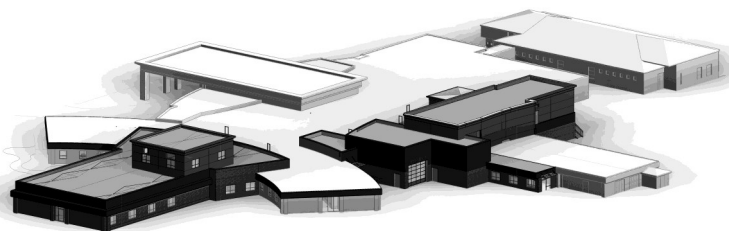


CHERRY COUNTY HOSPITAL

We are well underway now on the Cherry County Hospital Project! Dirt has been moving, utility relocations have started and soon concrete and structural steel will be put in place. This project comprises approximately 24,000 square feet of additions and about 26,000 square feet of renovation work to the existing facility.



A rendering of the completed project.

The project will be completed in 4 major phases along with minor or sub phases as needed to keep all operations at the hospital humming along throughout the construction. The first order of business will be to complete the additions which will house among

other things, 8 new state of the art patient rooms, 2 operating rooms, 1 procedure room, 2 LDR's, and a new ambulance garage as well as a connecting corridor to the existing dialysis area (patients with business in the hospital will not have to go outside to get to the dialysis center as they may have had to previously).

When Phase 1 is completed and the hospital has taken occupancy of the new additions, phases 2, 3 and 4 will begin. These phases will be in the heart of the existing facility and each phase must be complete before the next phase may begin. In these phases 5 new additional exam rooms will be created along with new radiology facilities, locker rooms, laundry facilities, CAT scan, staff dining,



A birds-eye view of the footings for the new addition.

SEWARD COUNTY JUSTICE CENTER

We have had the honor of constructing a new 3-story, 42,000SF Justice Center for Seward County. The building contains a 66 bed jail, County Sheriff's Office, 911 Dispatch and staff facilities, as well as both the County and District Courtrooms and associated spaces such as the County and District Judges chambers and staff facilities.

Of course, the project also included the County and District Court Clerks Offices, Probation Offices and staff facilities, along with the County Attorneys Offices and staff facilities.



New 3-story Justice Center

The project started off requiring demolition and removal of a small building the NRCS was utilizing on the site, as well as relocation of the current jails emergency generator to clear the way for the new building.



The new facility was constructed only 6' away from the existing building!

The new building was constructed very close to the existing facility which would remain in operation until the new project was ready for the Sheriffs offices, 911 dispatch, and jail to move in. In fact the 3-level structure was constructed within about 6 feet of the existing building, which presented some obvious challenges!

The project had to be phased to best facilitate the County's needs.

When the bottom level floor and top level floor were complete and ready to move in, the jail, 911 dispatch and sheriff's offices moved from the existing building into the new facility. The bottom level housing the jail, and sheriff's offices and 911 dispatch occupying the top level. This then completed phase 1.



Construction progress of new Justice Center

BUMPER STICKER HUMOR

All reports are in. Life is now officially unfair.

If all is not lost, where is it?

The first rule of holes: If you are in one, stop digging.

I went to school to become a wit, only got halfway through.

It was all so different before everything changed.

Some days you're the dog, some days you're the hydrant.

It's hard to make a comeback when you haven't been anywhere.

If God wanted me to touch my toes, He would have put them on my knees.

When you're finally holding all the cards, why does everyone else decide to play chess?

It's not hard to meet expenses. They're everywhere.

Q: Where does the Easter Bunny get his eggs?

A: From Eggplants!

Q: Did you hear about that house that was infested with Easter Eggs?

A: They had to call an eggs-terminator!

Q: What day does an Easter egg hate the most?

A: Fry-days!

Q: What kind of bunny can't hop?

A: A chocolate one!

Q: Why did the Easter egg hide?

A: He was a little chicken!

Q: Why was the little girl sad after the race?

A: Because an egg beater!

Q: What do you call a mischievous egg?

A: A practical yoker!

Q: What did the rabbit say to the carrot?

A: It's been nice gnawing at you!



QUICK TIPS

If you haven't clicked with your doctor, it may be time to move on. While it is good to give your relationship with your doctor some time to develop, don't feel obligated to stay if it is not working. You need to feel a certain level of trust and respect with your doctor. Studies have shown that people who do not trust their doctor do not get better as quickly. This may be from a reluctance to ask questions, follow advice, or get further treatment. If you feel you should get a new doctor, ask family and friends for recommendations.

If you save grocery bags to reuse at home, you know that they often create a cluttered mess. Try storing them in an empty baby wipes container. If you remove all the air, you can fit about 40 bags in one container. The pop top dispenser makes it easy to grab a bag without having to open the box.

Try to buy as many products made from recycled material as often as possible. When purchasing paper products, look for items that are made from at least 50 percent post-consumer waste. To make an even greener choice, choose products that are not bleached using chlorine.

Most manufacturers will not admit it, but using more of a cleaning product is not necessarily going to do a better job. This is also true of many concentrated detergents and cleaners. To see how much you really need, try cutting the amount you normally use in half. If you are seeing your laundry, floors, dishes, and bathrooms just as clean as you did before, you may be able to cut the amount down even more. For example, you only need about two tablespoons of a standard floor cleaning product in a gallon of water to get a floor really clean.

Does your email inbox fill up each day with product newsletters? You may not want to unsubscribe from them all, but it is tedious to go through each one every day. To easily combine your newsletters, deals, and offers into a single email, go to TheSwizzle.com. If you are receiving newsletters you don't want, The Swizzle also helps you get rid of them quickly and easily. With this free service, you will enjoy the newsletters you want to read and skip the rest.

Packing a Healthier Picnic Basket



Summer is a wonderful time for a picnic at the beach, at a park, or when traveling on the road. It can be tempting to grab some pre-made items at the store or even load up on junk food. This convenience can be bad for your waistline and your health. Here are some ideas to make your picnic lunch tasty and healthy.

Improve your sandwiches

Sandwiches are a great picnic staple. They are inexpensive and easy to prepare ahead of time. Choose whole wheat bread or flatbreads. Skip the roast beef and salami and instead select lean turkey. Pass on the mayo while still adding flavor by going with flavored mustards. Use low-fat cheese and be sure to load up on healthy veggies like lettuce and tomatoes. To keep your sandwiches from getting soggy, pack the veggies separately and add when serving.

Bring some fruit

Not all fruits are good travelers, but others are made to take on the go. Oranges and apples are perfect for picnics, and nothing beats a juicy watermelon on a picnic. You can also bring dried fruit. Fruit pies are healthy options if they are homemade with minimal sugar, letting the natural sweetness of the fruit shine through.



Watch those salty snacks

Potato chips are not a healthy option, but you can feel better by bringing baked chips instead. Pita chips or baked tortilla chips are also lower in fat and calories. Salted nuts, beef jerky, and low-fat popcorn are other healthy choices to consider.

Pack healthier salads

Potato salad, macaroni salad, or coleslaw are easy to pick up at the deli counter, but they are loaded with fat and calories. Instead make these salads at home using low-fat mayo or use a low-fat vinaigrette in place of the mayo-based dressing.

Drink wisely

Sweet beverages have lots of calories that can sneak up on you at a picnic. When you are eating and playing outdoors, you drink more to cool off and stay hydrated. Instead of soda, lemonade, or sweet ice tea, bring low-calorie tea or flavored water.

Trivia Quiz: Fairy Tales

1. In the traditional story of Little Red Riding-Hood, what is the little girl's real name?
2. Jack visits the home of the Giant and steals what kind of musical instrument?
3. In the Brothers Grimm story of Snow White, she had a sister. What was this sister's name?
4. How long did Sleeping Beauty sleep?
5. The first animated Disney movie was one based on a Brothers Grimm fairy tale. What was it?
6. What did Hansel and Gretel leave as a trail to find their way home from the wilderness?
7. In the tale of the "Three Billy Goats Gruff," what was under the bridge that the goats must cross?
8. Who wrote "The Little Mermaid"?
9. What was the price Rumpelstiltskin demanded of the miller's daughter to spin the straw into gold?
10. What nationality were the Grimm Brothers?

ANSWERS

1. Biddy.
2. A harp.
3. Red Rose.
4. 100 years.
5. Snow White and the Seven Dwarfs.
6. Breadcrumbs.
7. A troll.
8. Hans Christian Andersen.
9. Her firstborn child.
10. German.



new nurse station, additional patient rooms, pharmacy upgrades and chemotherapy services will be completed.

As the project progresses new parking as well as a healing garden will be completed outdoors for convenience and enjoyment of both staff and patrons.

This is shaping up to be a great project for everyone concerned and we are very excited to be a part of improving this important facility.

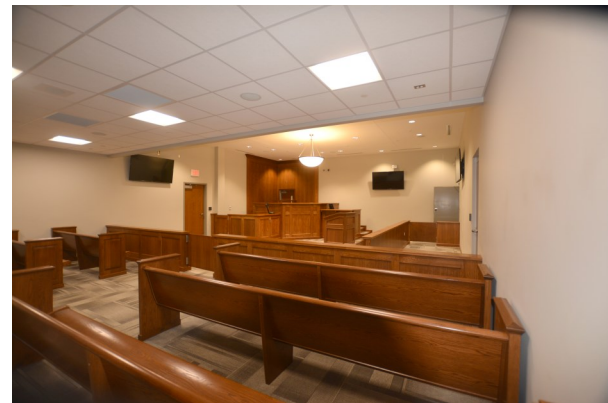


Construction is underway for the new addition!

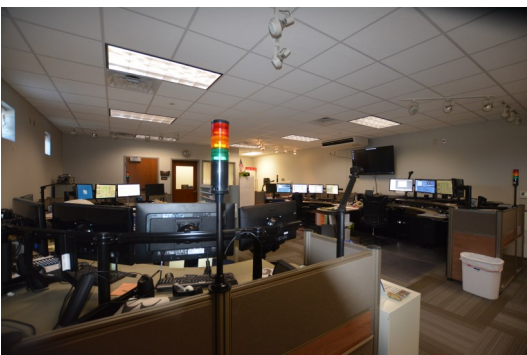


Phase 2 consisted of demolishing the old jail and sheriff's office which allowed us to complete the backfill in that 6 foot area between the two buildings. This then allowed the new entry to the mid-level to be completed and the main entry and parking lot finished so the courts, and all associated offices can occupy the building.

Kudo's to all of our Team members that worked on this project, Great Job!



New Courtroom in Justice Center



New 911 Dispatch

With the completion of this project, it brings our total for county courts, justice centers and jails built recently to nearly a half a million square feet and the total number of beds to just under 500. It has truly been a pleasure to work with the many County's we have been fortunate enough to build these facilities that serve their communities.



New front entry to the Justice Center