

Groundbreaking for the Norfolk YMCA

Thursday April 5th marked the Groundbreaking Ceremony for the Norfolk Family YMCA. The 106,000sf addition will include a new North Entrance, new Expanded Cardio Room, expanded Free Weight Room, 2 gyms with retractable room divider and movable bleachers, and 40x80yard Turf Field and Suspended Walking/Running Track. Existing areas will be renovated to create more group fitness studios and cycling studio.



Beckenhauer Construction has a long standing history with the Y going back over 100 years. We built the original YMCA in 1912 and built the current YMCA in 1981. Several large additions have also been completed over the years. Beckenhauer Construction is proud to be a part of this project and continue our great relationship.



Top Right: Groundbreaking Ceremony

Top Left: Rendering of new addition

Middle Right: Rendering of new Cardio Room

Bottom Left: Rendering of new Turf Field and Walking Track

Bottom Right: Rendering of new Free Weight Room



Safety!

Beckenhauer Construction recently celebrated 4 years without a lost time accident. We celebrated this achievement with new jackets companywide. This milestone was achieved due to our great Safety Director, Jeff Ackerman, and the diligent work of all our employees. Thank you all for your hard work!



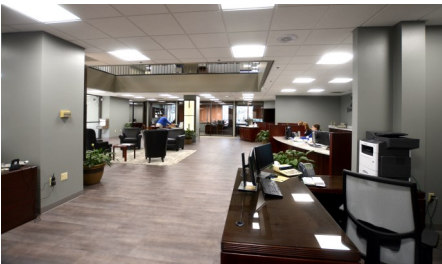
Beckenhauer employees from Left to Right: Chris Fowler, Brandon Benson, Keith Sunderman, Bill Beckenhauer, Ricky White, Mary Jo Hamik, Bill Barritt, Jan Beran, Ben Fink, and Jeff Ackerman

Our Mission... To provide unparalleled service to our clients and to strive for superior performance and absolute reliability.
Our Vision... To focus our unwavering dedication to the task of turning our client's vision into a reality.
Our Value... To hold to the standards of safety, quality, reliability, integrity, honesty, and a caring Christian work environment.



BankFirst

We recently completed a 13,000SF cosmetic remodel at BankFirst in Norfolk, NE. Remodel work included flooring, paint, re-finishing doors, new door hardware, new lobby casework and countertops, acoustical ceilings, and light fixtures. The remodel also included a new lobby layout to meet the current / modern banking experience. The highlight of the project was two custom built light fixtures built for the lobby's main columns. Initial "pull-planning" efforts at pre-construction meeting helped develop a great team effort by all subcontractors involved in the project to allow this project to be completed **6 weeks ahead of scheduled completion date** and **under budget!** Thank you for allowing us to be a part of this great project!



BUMPER STICKER HUMOR

Repetition is always better the second time.

In theory, everything works.

If everything is coming your way, then you're in the wrong lane.

No matter where you go, there you are.

I'm objective-I object to everything.

I've taken a vow of poverty. To annoy me, send money.

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

The only cure for insomnia is to get more sleep.

Out of my mind. Back in five minutes.

Anything free is worth what you pay for it.

I intend to live forever. So far, so good.

Q: Why is March a great time to jump on the bed?

A: Because it's springtime!

Q: What spring flower is on everyone's face?

A: Two lips (tulips)!

Q: What kind of garden does a baker have?

A: A flour garden!

Q: Can February March?

A: No, but April May!

Q: Why did the man throw the butter out the window?

A: To see a butterfly!

Q: When do monkeys fall from the sky?

A: During Ape-ril showers!

Q: Why is everyone so tired on April 1?

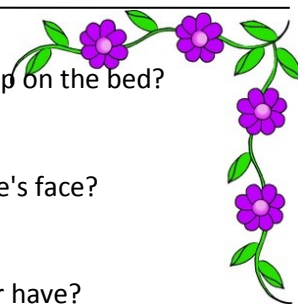
A: Because they've just finished a long 31-day March!

Q: Why is the letter A like a flower?

A: A bee (B) comes after it!

Q: What did the big flower say to the little one?

A: You're really growing, bud!



QUICK TIPS

Getting a good night's sleep doesn't just make you feel better during the day. It could also save your life. A recent study suggests that sleeping less than six hours a night can lead to an increase in heart attack or stroke risk. Chronic sleep deprivation increases chemicals and hormones in your body that can increase the risk of cardiovascular disease. It can also lead to higher cholesterol, high blood pressure, diabetes, and obesity. So try to get to bed earlier for your health.



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.

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.



When you boil foods in water, they release nutrients into the water. Let this water cool, and then use it to water your plants. This is good for both indoor and outdoor plants. One thing to remember, though, is to not add salt to the water when you cook if you want to use the water on your plants. Salt is harmful to plants and can build up over time.



A banker was on a friend's sailboat when he suddenly fell overboard.

The friend grabbed the life preserver and was going to throw it in the water, as he didn't know if the man could swim. He shouted down to his friend, "Can you float alone?"

"Well, obviously," replied the banker, "but this is a heck of a time to talk business."

An old sailor was sitting on a bench at the wharf when a young man strolled up and sat down beside him. The young man had spiked hair, and each spike was a different color—red, blue, green, yellow, and orange. It was a short while before the young man noticed that the old sailor was staring at him.

"What's the matter, old-timer?" Never done anything wild in your life?" asked the young man.

"Well, as a matter of fact," replied the old man, "I once got so drunk, I married a parrot. I was just wondering if you were my son!"

A man was on a blind date, but realized that he just couldn't stand the woman he was with. He had arranged earlier to have a friend call him to see how it was going. If it was going well, he wouldn't answer the phone. If not, he would answer and get a good excuse to end the date.

Finally, his phone rang. He answered it and listened with a sad look on his face. "I'll be right there," he said into the phone.

"What's wrong?" asked his date.

"Well, I have some bad news. My grandfather just died."

"Oh thank goodness!" she exclaimed. "If yours hadn't, mine would have had to!"

A newlywed woman noticed that shortly after returning from their honeymoon, her husband stopped wearing his wedding ring. She was very distressed over this and finally asked, "Who don't you ever wear your wedding band anymore?"

Her husband replied, "Because it cuts off my circulation."

"Well, that is just silly," answered his wife. "That is what it is supposed to do!"

Trivia Quiz: A Cup of Tea

1. How many years does a tea bush need to grow before its leaves can be harvested?
2. There is only one working tea plantation in the continental United States. It is located on Wadmalaw Island. What city is this island outside of?
3. How many cups of tea do Americans drink each year?
4. Tea is the world's most consumed beverage. What is first on the list?
5. What is the art of reading tea leaves called?
6. How many different varieties of tea are there?
7. What variety of tea is flavored by the bergamot orange?
8. Which country consumes more tea per capita than any other in the world?
9. What percentage of tea is served as iced tea in the United States?
10. How much tea is in a Long Island Iced Tea?

Answers:

1. Three years.
2. Charleston, South Carolina.
3. 50 billion cups of tea.
4. Water.
5. Tassology.
6. Over 1,500.
7. Earl Grey tea.
8. Turkey.
9. 80 percent.
10. None—it is an alcoholic drink made with no tea.