

RIBBON CUTTING AT JENNIE M. MELHAM MEMORIAL MEDICAL CENTER

A May 2nd ribbon cutting celebrated the completion of yet another project for long-term client Jennie Melham Medical Center. This project included renovation to space previously used as assisted living. The newly renovated areas included new exam rooms, procedure rooms, X-ray, Lab and office space.

Central Nebraska Medical Clinic is leasing the space from the Medical Center. This up-to-date and larger area will allow the clinic to better serve Broken Bow and the surrounding areas.



Upper Right: Ribbon Cutting Ceremony
Top Left: new exam space,
Bottom Left: New Lab Space
Middle Right: new Reception Area
Bottom Right: new Procedure room



Homestead Interstate Rest Area & Welcome Center

This spring we began construction on the new Homestead Interstate Rest Area & Welcome Center located in Junction City, SD. The new single story building will replace the existing rest area. The building will include restrooms, storage space, welcome center and exhibit space. Work will also include renovation and repairs to sidewalks, parking space, picnic area, sewage lagoon, and exterior lighting.



Upper Left: rendering of new rest area & welcome center

Bottom Left: footings for new building

Bottom Right: site work





LEAN in Preconstruction

Beckenhauer's team of Keith Sunderman, Doug Michael, Bill Barritt and Austin Funk did a fantastic job sharing their Lean Construction knowledge and experience with the Regional West Health Services ICU and Central Sterile Expansion & Renovation Project team. A great team building experience!



BUMPER STICKER HUMOR

A conclusion is the place where you got tired of thinking.

There are two reasons for doing anything—a good reason and the real reason.

After all is said and done, usually more is said than done.

All warranties expire when the last payment is made.

Almost everything in life is easier to get into than to get out of.

Always try to stop talking before people stop listening.

Before you give someone a piece of your mind, be sure you can spare it.

Diplomacy is the art of letting someone else have your way.

Q: What is a mathematician's favorite dessert?

A: Pi!

Q: Why did the student do his multiplication homework on the floor?

A: Because the teacher told him not to use tables!

Q: Why was the math book sad?

A: Because it had too many problems!

Q: Why was six afraid of seven?

A: Because seven ate nine!

Q: What do you call an empty parrot cage?

A: A polygon!

Q: What did the zero say to the eight?

A: "Nice belt!"

Q: What kind of meals do math teachers eat?

A: Square meals!

Q: Why do plants stay away from doing math?

A: Because it gives them square roots!

Q: What is a math teacher's favorite season?

A: Sum-mer!

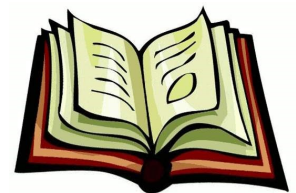
QUICK TIPS

Outdoor lighting is a beautiful way to update your home's appearance, but take care not to up your energy bill with these lights. A typical 100-watt floodlight used six hours per day can cost up to \$40 in electricity costs. Instead replace outdoor lights with compact fluorescent versions or upgrade to LED lights. You'll cut your energy costs by over 80 percent, and these bulbs can last up to 10 years.



Everyone gets hit with a craving for sweets every now and again. In fact, some people find that their sweet tooth gets going every day. If you are trying to lose weight, this can end up being your downfall. But to combat this, you don't have to give up all sweets. Simply opt for fruit instead of candy or cake every time you have a sweets craving. If you foster this habit, soon it will be easy to manage this type of craving.

Avid book lovers sometimes wonder which book to read next. Project Alexandria, found at projectalexandria.net, helps readers find a book that will be interesting to them. Their team has analyzed over one million books, looking at their genre, descriptions and complexity. They then connect books that share similar styles and subjects. You'll get a host of suggestions for that next book to read just by entering one book title.



The average life of a cell phone is 18 months—not because it quits working, but because people upgrade to newer models rather quickly. That means lots of phones are discarded each year. To recycle your phone instead, you can donate it to one of the many charities that collect used cell phones. They will repurpose it for use by others, refurbish it and sell it to raise money, or will contract with a recycling company to extract the metals and plastics in your phone.

Trivia Quiz: Lego's

Pets and Your Heart

Animals can find a special place in your heart. According to current research, they may also do your heart some good. Animals in the home offer some surprising health benefits. Researchers at the American Animal Hospital Association have found that pets improve the human condition, giving their owners lower blood pressure, heart rate, and anxiety levels. Pet owners also have lower levels of blood cholesterol and triglycerides in comparison to non-pet owners. Researchers at the University of California at Los Angeles have also found that Medicare patients who owned pets had fewer medical care visits than those who did not.

Pets also can have an effect on your mental health. People who have pets feel less loneliness and depression than those who do not. Pets offer more opportunities for outdoor activities and socialization, and they encourage you to get more exercise. They can improve your mood and reduce stress as well.

So if you have been considering welcoming an animal into your home, you can feel good about not only caring for your pet, but about the benefits you will have as well. In fact, according to Dr. Edward Creagan, an oncologist at the Mayo Clinic, getting a pet is one of the easiest and most rewarding ways of living a longer and healthier life. Having a pet isn't for everyone, as there is additional work and responsibility from pet ownership. But for most people, the benefits of having a pet outweighs the drawbacks.

Struggling Pitcher

A rookie pitcher was having a hard time pitching the game. The catcher became frustrated and walked out to talk with him.

"I know what your problem is," he said to the pitcher. "After one specific point in every game, you lose your focus."

"What point is that?" asked the pitcher.

"Right after the National Anthem," replied the catcher.



1. In which country is the manufacturer of Lego toys located?
2. In what year were Lego's famous interlocking bricks first produced?
3. The company name "Lego" comes from the Danish phrase "leg godt." What does this mean in English?
4. Lego has very exacting standard when manufacturing its bricks. How many bricks out of every million fail to meet its stringent standards?
5. How many Legoland amusement parks are there in the world?
6. How many Lego tires are produced each year?
7. On average, how many Lego bricks are there for every man, woman, and child in the world?
8. What percentage of the plastic waste in Lego factories is recycled?
9. How many Lego sets are sold every second?
10. How many total hours do people spend playing with Lego bricks each year?

Answers:

1. Denmark.
2. 1949.
3. Play well.
4. 18.
5. Seven--three in Europe and one each in California, Florida, Dubai, and Malaysia.
6. Over 306 million, more than any other tire manufacturer in the world.
7. 86 Lego bricks each.
8. 99 percent.
9. 7 sets.
10. 5 billion hours.