

Construction Break

BPS CORP.
QUARTERLY NEWS

SUMMER 2023

New Project Spotlight

The Robert J. Lister Academy Fit Out and Renovation

The Robert J. Lister Academy (RJLA) was developed in 1992 as part of the Portsmouth School District's continuing commitment to excellence in education. It is a self-contained school comprised of 27-to-30 students from the Seacoast Area and offers an innovative public high school program designed for students who have been unable to succeed in more traditional settings. The Academy also helps prepare its students for their vocational and post-secondary school goals through unique programs and partnerships.

The City of Portsmouth and The Portsmouth School District recently selected Bonnette, Page & Stone Corp. (BPS) as their Construction Manager to complete approximately 13,000 square feet of interior and exterior renovations to the new RJLA home at the Community Campus at 100 Campus Drive in Portsmouth, New Hampshire.

The project will include both pre-construction and construction management services necessary to complete the fit-out renovation of space at Community Campus into which RJLA will be moving. Work to be performed will be the partial demolition of interior, signage, concrete, masonry and wood work, finishes; installation of mechanical, plumbing, electrical and security systems and informational technologies and more. Renovation will be done in part while the busy Community Campus is occupied with



The project will include pre-construction and construction management services necessary to complete the interior fit-out and exterior renovations of space at Community Campus into which The Robert J. Lister Academy will be moving.

the least possible impact to the building tenants and community members using the facilities. BPS will be responsible for overall administration and coordination of the project and will work closely with Owner City of Portsmouth, Portsmouth School District, and architect JSA Design.

Pre-Construction services began in June and construction is anticipated to begin in September 2023 with a nine-month schedule. Barrett Ryan Salta is the BPS Project Manager and Kevin Lorden is the BPS Project Superintendent.



The 72,000-square-foot Community Campus facility features 34 acres on its property off Route 1 and Campus Drive near West Road.

The Best of the Best!

For the third consecutive year, BPS is honored and humbled to be named as the Gold Winner for the 2023 Best of the Lakes Region contest for the Construction Management category. Thank you to all our customers, partners, employees and everyone who voted for us. We appreciate all of you and we love what we do!



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Building Pride Since 1969



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 needed 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 of a particular 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, or your behavior, 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 to find out more about your business.

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 New 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.

Partner Spotlight: Paugus Properties, LLC

Paugus Properties, LLC was established in June 2019 by Owner/Developer Scott Everett. Everett, who grew up in Gilford, New Hampshire, is focused on the revitalization of Lakeport, a dream he has had since he was a young boy. His vision began to come to life with the recent restoration of the Lakeport Opera House. This 140-year-old building, located at 781 Union Avenue, sat vacant for 60 years and is now one of New Hampshire's elite entertainment and event venues.

In December 2020, Paugus Properties hired BPS as Construction Manager for its next project: 51 Elm, a mixed-use building located around the corner from the Lakeport Opera House. The building is made up of an attached two-level parking garage, full basement, six ground level retail spaces, and two

levels of 1-, 2- and 3-bedroom luxury residential condominiums. Tim Burke, has been the primary BPS project superintendent onsite at 51 Elm along with Brendan Frechette.

Following the completion of 51 Elm, attention will turn to

another mixed-use building adjacent to 51 Elm. Opechee Place which will also consist of retail spaces and housing units.

Paugus Properties' goal is to continue to enhance the area's vibrancy by creating additional housing and business opportunities in structurally sound and aesthetically pleasing buildings.

For additional information on 51 Elm, please visit www.51elmstreet.com.

Residential units are currently for sale through The Dow Group at www.theDowGroup.com. For information and event dates for the Lakeport Opera House, visit www.lakeportoperahouse.com.



51 Elm Street, Lakeport

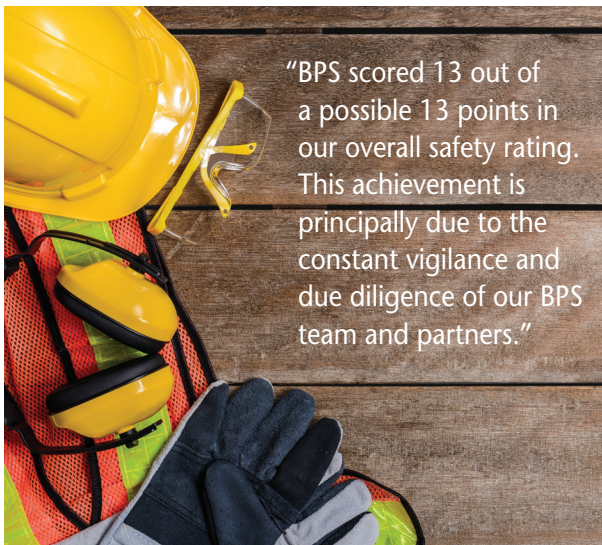


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"BPS scored 13 out of a possible 13 points in our overall safety rating. This achievement is principally due to the constant vigilance and due diligence of our BPS team and partners."

Our Commitment to Safety

For more than 20 years, BPS has partnered with New Hampshire-based safety consultant, Contractor's Risk Management. They help our organization stay on top of safety by performing individual, site-specific safety inspections on all our job sites. These safety inspections are part of a process to evaluate and help us implement procedures to ensure safety for all who step foot on any BPS job site.

Our field crew is our most valuable resource. Without them we could not successfully deliver our quality construction projects. Accidents can happen at anytime, so knowing safety risks is critical. Cindy Cassavaugh, BPS's Safety Officer, recently met with a representative from CRM for our annual review covering 13 key factors to business safety, including owner involvement, education programs, losses, and more. BPS scored 13 out of a possible 13 points in our overall safety rating. This achievement is principally due to the constant vigilance and due diligence of our BPS team and partners. Well done, Team!