



HARDHAT DIGEST

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Your Commercial Project People

Here's The Best Way to Control Your Project

Costs are rising, and time is a premium like never before. In the past two years, we have experienced unforeseen delays in projects due to issues such as supply chain disruptions, financing delays, or temporary closure of government offices.

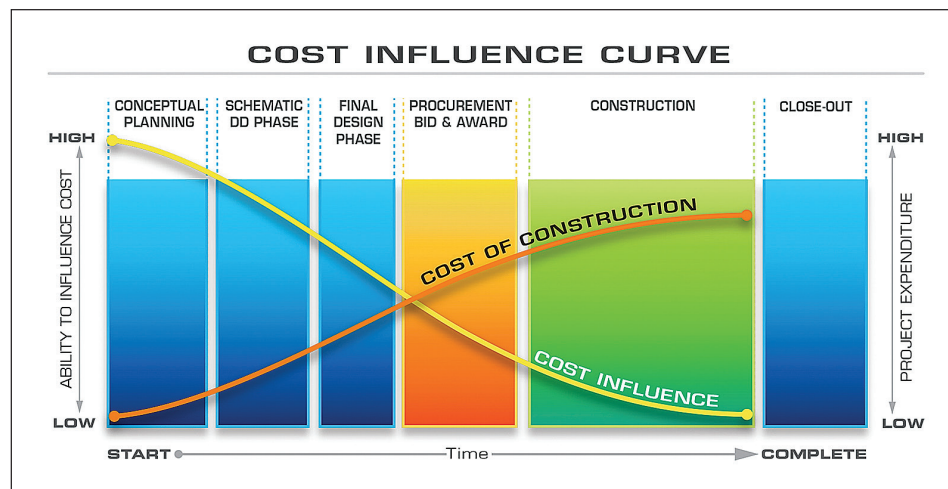
Almost all of these problems are largely out of a client or contractor's control, and we have realized just one thing that guarantees a greater level of success on a project: a complete set of architectural drawings and specifications more than pay for their cost and time.

Architects are crucial to the success of your project. They are trained professionals that have spent many hours on their craft, and they will need time to complete their portion of the project. The earlier you can establish a relationship with an architect, the more successful your project will be. The more information they have about your project, the more complete your plans will be.

In this rush-rush time, plans that are partial, incomplete or non-existent can affect a project in three different ways:

Budget: an incomplete plan will be missing elements that need to be estimated into your project cost. For example, if an electrical plan does not specify the correct number of light fixtures, that cost will be incorrect. Missing elements can also cost in fees to redraw plans. A good estimator is able to "build it in their head," which does help to discover discrepancies. Allowing time to ensure the plans are correct gives an owner a number that will be closer to the actual project cost.

Schedule: a complete set of drawings is critical to planning a reasonable schedule. Consider a project that may have elements that need to



be ordered or fabricated. Is all of the relevant information in the drawings or specifications? Will the contractor need to ask the architect for further information? If more information is needed, timing becomes dependent on the promptness of the design team's response. If the information is already present and correct, the contractor can continue to move the project forward. Many times, we find a project loses traction waiting for a response.

Permitting: this is another case of communication and promptness among other team members affecting the project. For a first-time builder, "getting a permit" sounds pretty easy. Some owners have the impression you may be able to do some paperwork and pay a fee, and the project will be ready to break ground. In reality, the process is an extensive and time-consuming one. Our local permitting department is also experiencing delays in processing due to the backlog generated during the pandemic, so the problem has compounded. Incomplete plans are returned for additions and corrections, which puts the project back to square one.

Once the plans are deemed complete, they can begin the process again. We find this is the part of the project where our clients lose the most time.

Starting a project with a strong relationship with a trusted design professional will save time and stress in the long run. At the same time, involving your contractor from the start of the project—to work side-by-side with the design team—can help save budget and schedule. The right contractor can offer cost input and important "means and methods" information at the very start of the project where costs can be controlled the most. Preconstruction services, such as value engineering, can be used to bring the project into budget if there is a gap between what the owner can afford and what the project costs.

We are always happy to help ensure plans are complete in the early stages of the project, and we hope this behind-the-scenes look will assist you in planning your project schedule. Next time, we will talk about what happens if information is deemed missing from plans when the project has already begun.



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Aim For The Right Target

Your organization won't grow unless you and your team are working toward goals. Setting the right goals, though—goals that will inspire and motivate—is crucial. Aim for goals that are:

- **Quantifiable.** You should be able to measure success in objective terms so everyone can see the value of your efforts.
- **Challenging.** If it's too easy, chances are your objective won't have significant impact on your organization.
- **Business focused.** Set a goal that supports your organization's agenda, not one that just makes you or your department look good.
- **Realistic.** Although challenge is important, pursuing an impossible dream will result only in a morale-crushing letdown.
- **Flexible.** Don't back yourself into a corner. Although you don't want to adjust your goal to suit your results, be willing to modify your ambitions if circumstances yank your original objective out of reach.

Still A Champion

Charlie Boswell was an all-American athlete who was offered professional contracts in both football and baseball. But when WWII erupted, Charlie enlisted in the military and was assigned to a tank division.

During a battle in Europe, a shell hit Charlie's tank. As the tank burned, he made sure everyone else got out safely, but then a second shell hit, throwing him 50 feet, breaking his bones and burning his body.

After a week-long coma, Charlie woke up in a hospital and learned that he'd be blind for the rest of his life. Refusing to be discouraged, he worked hard at his rehabilitation, learning to live in a world of darkness.

One day a friend came to visit him. "Would you like to play some golf?" he asked.

"How in the world can I hit a golf ball when I can't even see it?" Charlie asked, but the friend was persistent. He took Charlie to a golf course, showed him how to hold and swing a club, and let him hit the ball.

Charlie's first drive traveled 200 yards straight down the fairway.

Charlie began training, and slowly his abilities improved. Ultimately Charlie won a world championship, shooting a 38 on nine holes.

The moral is: There is always an alternate route if you just have the will to find it.

NASA Probe Touches The Sun

For the first time, a spacecraft from Earth has touched the edge of the sun's corona, spending five hours in direct contact with the sun's plasma, the *Science Daily* website reports. The craft, NASA's Parker Solar Probe, entered the Alfvén Critical Surface, where the sun's gravitational and magnetic forces control solar wind and where sudden reversals of the magnetic field, known as switchbacks, emerge from the sun.

The Parker Solar Probe made three separate passes above and below the Alfvén Critical Surface during the mission. NASA scientists observed fewer switchbacks below the Alfvén Critical Surface than above it, which could mean that switchbacks don't actually form within the corona. Researchers also found that the Alfvén Critical Surface is wrinkled, with the largest and most distant wrinkle produced by a pseudostreamer—a large magnetic structure more than 40 degrees across—pushing the surface away from the sun for unknown reasons.

SPEED BUMP

Dave Coverly



More People Sought Mental Health Care During The Pandemic

The COVID-19 pandemic took a toll on people's mental health. That's no surprise, but the good news is it suggests that more Americans may be open to seeking mental health care.

The number of psychologists who reported receiving more referrals in 2021 nearly doubled from 2020 (from 37% to 62%). Almost 7 in 10 psychologists (68%) with a waitlist reported that it had grown longer since the start of the pandemic.

The National Health Interview Survey (NHIS) found that the percentage of adults who had received mental health treatment in the past 12 months rose from 19.2% in 2019 to 20.3% in 2020—almost one in five people. Of those seeking mental health assistance, 16.5% received prescriptions for medication, and 10.1% got counseling or therapy. The survey found that older people tended to get medications, while younger were more likely to seek counseling. Women were more likely than men to seek out mental health care.

Make The Ripples Stop

A troubled monk went to his Abbott for guidance. After listening intently to his problems, the Abbott asked the monk to join him on a walk.

They arrived at a pond near the back of the monastery. The Abbott asked the monk to pick up a stone and toss it into the center of the pond. The monk complied.

"Now," said the Abbott, "as the ripples come closer to the shore, stick your finger in the water to try to stop them."

The monk tried, but as he stuck his finger in the water, he just created more ripples. Confused, he looked at his mentor. "Abbott, I can't. My actions just cause more ripples."

The Abbott smiled. "So, you cannot stop the ripples?"

"Correct," said the monk.

"But could you have stopped yourself from tossing the stone into the pond in the first place?"

Often we spend a lot of time trying to get rid of a problem instead of fixing what's causing it. Trying to treat the symptom is like trying to stop the ripples. However, if you eliminate the actual cause of the problem, the ripples go away altogether.

"The difference between ordinary and extraordinary is that little extra."

—Jimmy Johnson

Protect Your Security When You Travel Near Or Far

Business and personal travel are coming back after the pandemic. If you haven't gone out of town in a while, you may need a refresher course on staying safe and secure on the road. Here's some guidance from the *Travel Daily News* website:

- **Choose the right room location.** Request a room between the third and sixth floor. It's high enough that burglars can't easily climb up onto a balcony and get inside, and low enough for firefighters to reach you in an emergency.
- **Bring a "go bag."** Pack a small bag with essentials—important documents, some cash, water, some nonperishable snacks—that you can grab if you have to leave your hotel quickly because of an evacuation for fire, an earthquake, or some other disaster.
- **Pay attention to your surroundings.** Identify exits immediately whenever you walk into a new environment. When you check in to your hotel, take a look around the lobby for anyone watching you suspiciously. In the hall outside your hotel room, take note of what direction the nearest stairwell is, and how far down the hall you'll have to go to get to it. It's a good idea to count the number of doors between your room and the exit. In the event of a fire or other emergency, you may not have good lighting and may need to crawl to the nearest exit counting doors as you go.
- **Pack a doorstop.** This can be the most important item you can bring to protect your safety. Don't depend on the hotel's own locks to keep your door secure. A simple doorstop wedged under your door can stop or slow a would-be intruder, giving you time to call the front desk or the police. You can even buy them with a built-in alarm.
- **Only use password-protected Wi-Fi networks.** This tip is important, especially if you're traveling abroad. Other countries may not have the same regulations on public Wi-Fi as the U.S. does, so choosing a password-protected network, like the ones offered at most major hotels, is likely your safest bet if you need to access the Internet while traveling.



Test Your Knowledge

1. How old was King Tut when he died?
 - a. 6
 - b. 12
 - c. 19
 - d. 28
2. Where was gunpowder invented?
 - a. Morocco
 - b. China
 - c. Germany
 - d. Sri Lanka
3. King Henry VIII had a collection of more than 6,000 what?
 - a. rings
 - b. handguns
 - c. paintings
 - d. wigs
4. Which ocean is surrounded by the "ring of fire"?
 - a. Arctic
 - b. Atlantic
 - c. Indian
 - d. Pacific
5. Which country has, on average, the tallest men?
 - a. The United States
 - b. The Netherlands
 - c. Japan
 - d. Brazil

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

—How Stuff Works

What's Happening?

All Saints North America is Moving Along! In the last issue of *Hardhat Digest*, we showed you the raising of the dome at the new **All Saints of North America Orthodox Church** in Albuquerque's north valley. The church's design is an unusual one, and it falls more in the category of "craftsmanship" than "construction."

This beautiful building is looking better every month and we can't wait to see it open later this year!

We are currently at work on the **BayoTech, Inc.'s** control center. BayoTech is a new high-tech venture that extracts hydrogen, a clean fuel, from natural gas, which we, in New Mexico, have in abundance. We are also finishing up a new façade for **Clayton Homes** here in Albuquerque, as well as working on several very technical cannabis projects in the state. The **Colfax County Magistrate Court**, located in Springer, New Mexico, will begin construction this Spring.



All Saints at the beginning of March 2022.



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Quality Fruit & Veg Wraps Up

"Lettuce" follow up on a recent project—one that has been an apple of our eye! Richardson & Richardson recently completed a new warehouse for the Quality Fruit & Veg. Co., on Albuquerque's West Side. The facility was designed as an office-warehouse of approximately 18,700 square feet. The fresh produce distributor will occupy the southerly 9,200 square feet that includes a refrigerated dock area, together with cooler and freezer boxes, and appropriate office improvements. The remainder of the facility—about 9,500 square feet—will be available for lease to another

operation through Johnson Commercial Real Estate.



Quality Fruit & Veg. Co. is owned by Nick Delgado, who started his produce distribution operation 35 years ago in El Paso, Texas. In 2014, Delgado expanded the operation by opening a facility here in Albuquerque.

In Albuquerque, Quality Fruit & Veg. Co. employs 14 people to perform the scheduling, handling, and distribution functions of the operation. That includes running a fleet of 12 refrigerated trucks for deliveries. We welcome

your operations to the Albuquerque area!



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