The Quarterly Magazine of the Associated Builders & Contractors New Hampshire/Vermont Chapter

CONSTRUCTION RESOURCE Volume 28, Issue 4



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From the President & CEO

2019 ABC NH/VT Excellence in Construction Awards Program

he New Hampshire and Vermont Chapter of Associated Builders and Contractors had another great Excellence in Construction Awards Program. We celebrated excellence in a wide array of categories featuring the best of the best work performed by ABC contractors from our chapter. Each project was impressive and earned their place of recognition among their peers.

The event this year saw one of the larger crowds in recent memory come together to see the impressive builds done by our contractors. We want to thank the judges for the work they did to tackle the difficult job of judging and awarding the projects. We also want to say that we truly appreciate the countless hours put in by the event volunteers and the Excellence Committee to make this year's event exceptional. Their hard work ensured that the crowd was treated to an awards show that featured a fresh new look in a bigger venue with a next-level presentation. The improved production value was noticed by everyone and raised the bar for next year.

We are proud of all our members and their accomplishments. I encourage you to review the winners featured in this magazine. New this year, you can now also relive the night of the awards and watch the videos on our website. All the 2019 winning project videos can be found by visiting https://www.abcnhvt.org/excellence_in_ construction.php.

> Joshua Reap President & CEO



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Editor's Correction

The last edition of Construction Resource incorrectly reported Leighton A. White, Inc. as third place winner in SIC 15 category 50,000 – 1000,000 Personnel-Hours. They won Third Place Award in **SIC 16 50,000 – 1000,000 Personnel-Hours.**

Associated Builders and Contractors, Inc. is a national non-profit organization whose mission is to represent the construction industry as a cohesive group of professionals, to serve as their vision and voice, and to pursue quality, common goals, and solutions to industry issues. Construction Resource is published quarterly by the NH/VT Chapter of Associated Builders and Contractors. Subscription rate is \$20 per year.

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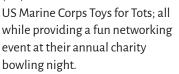
From the Chair A Final Reflection

2⁰¹⁹ was a banner year for the New Hampshire & Vermont Chapter of Associated Builders & Contractors. The economy is strong, and more contractors than ever used the benefits of ABC membership and services to remain competitive in today's market.

As we look back at 2019, our chapter did well to respond to the needs of the industry. Early on our board set some aggressive goals to address workforce shortages, increase member participation and legislative action. An active board helped provide the guidance and a high performing staff carried out our vision. As a result, our association experienced tremendous growth in membership, greater participation in our education and training offerings and bigger programming and events.

We end 2019 with 31 more members, which is record growth for our chapter. The tremendous work of our staff and the deployment of our New Member Ambassadors program worked well to engage new members to ensure they reap the value of membership from day one.

This year we saw the Young Professionals Group thrive and help empower and connect young professionals in our industry. It is great to see young leaders run educational workshops, volunteer at ABC events and work to enhance their professional development and business success within our industry. We are especially proud of our YPG for filling an entire truck with gifts and raising over \$11,000 for the



We are just coming off the heels of a wonderful Excellence in Construction event that featured a score of great projects. If you attended the event, then you noticed a significant upgrade in the presentation and venue. I encourage you to take the time to review the individual projects, all of which are featured in this edition of Construction Resource.

With my tenure as chairman ending, I look forward to what will lay ahead for our industry and our association. As we head into 2020, we enter a new decade under the guidance of incoming Chairman Will Long. I feel good with what we accomplished in 2019 and how it has laid the foundation for what the chapter will take on in the new year. I hope that you will join me and others as we induct next year's board of directors on January 31st at the ABC Annual Meeting. I look forward to seeing you there.

Sincerely, Joseph Campbell 2019 Chair, ABC NH/VT



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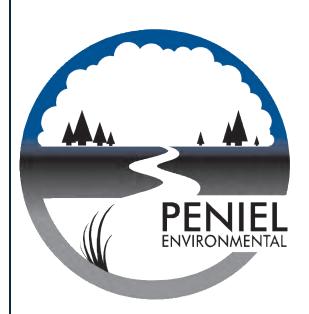
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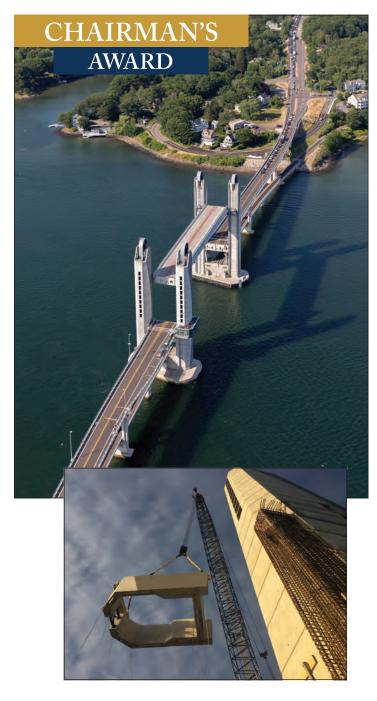
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2019 ** EIC AVAARDS ** EXCELLENCE IN CONSTRUCTION



CIANBRO CORPORATION

Sarah Mildred Long Bridge Replacement Infrastructure – Over \$10 million EXCELLENCE

Cianbro Corporation was chosen to be the Construction Manager/General Contractor for replacement of the Sarah Mildred Long Bridge. This vital crossing carries Route 1A over the Piscataqua River connecting Portsmouth, New Hampshire with Kittery, Maine. It was long overdue for replacement. In fact, the existing bridge was 6 weeks away from the scheduled closure when a mechanical failure left the lift span inoperable. The team got to work right away.

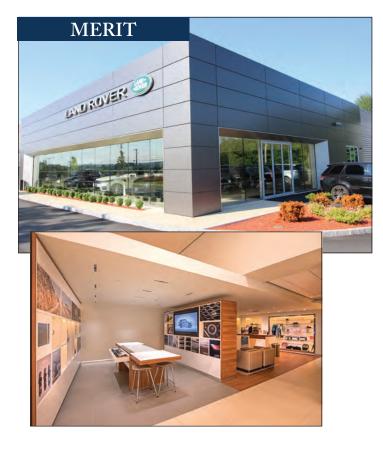
After much planning and design, Cianbro Corporation would spend three years building its technically innovative design that would blend form and function to create an iconic landmark with improved traffic flow. That design would include a 300-ft long movable lift span supported by four 194-ft tall concrete lift towers. The new bridge design incorporated railbed and vehicle surface into a single level span. That meant a higher vertical clearance for marine traffic, resulting in nearly 70% less drawbridge openings.

Limited space on both sides of the river, fast tidal currents and an accelerated schedule presented a challenging build. The creative use of precast structure was one of many answers to the engineering challenge of building over the Piscataqua River. As a bridge with tens of thousands of yards of concrete, Cianbro impressively ensured the final product was defect free.

While visually impressive, safety was the biggest and most important task the team took on for this project. All the sub-contractors, vendors and municipal authorities like the Portsmouth Harbor worked to accomplished over 600,000 safe work hours and zero lost time injuries on this project. This team showed they were up to the task and committed to working safely.

Piece of by piece the towers would rise into the air and become the landmark bridge it is today.





ECKMAN CONSTRUCTION COMPANY

Land Rover Bedford Commercial – \$5 to \$10 million MERIT

In 2017, Jaguar Land Rover Corporation began the roll-out of a new global brand standard among its North American dealers. The Goodwin Land Rover Bedford was one of the first dealerships to undergo this rebranding. Goodwin Motor Group entrusted Eckman Construction to represent their interests in the project and lead the design-build team that would be responsible for making this transformation happen.

Building a distinctly European facility in the United States would require meticulous attention to detail during implementation. Eckman anticipated and worked through challenges such as designs done in metric units of measurement, globally sourced finishes and fixtures that subcontractors were not accustomed to, and design guidelines that conflicted with town building requirements. Great care was taken during construction to adhere to the strict design standards and minimize risk on the project. The Eckman team carefully coordinated with the town of Bedford and the corporate team to ensure the new dealership would honor the brand vision while adhering to local building codes.

An impressive feature of the building is the unique 61 foot long glass opening. Eckman faced technical challenges of adapting this design to work in the New England climate, where the first snowstorm of the year could cause flexing of the roof support and shatter all glass in the dealership. Eckman's solution was a robust truss system which today supports a seamless glass opening into the showroom and aluminum composite paneling to present an eye-catching first impression.

Through coordination, communication, and problem solving, Eckman was able to successfully and safely deliver one of the first stand-alone Land Rover dealerships under the ARCH Design Concept in North America.



ENVIROVANTAGE

Van Brodie Mill Workforce Housing Project Environmental Remediation EXCELLENCE

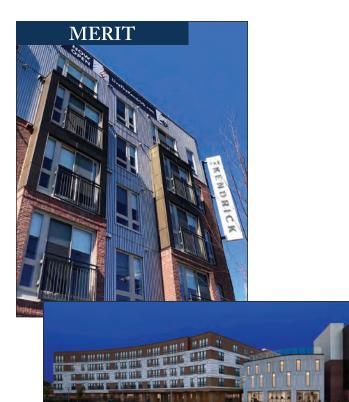
The abandoned Van Brodie Mill, located in the Arlington Mill District in Lawrence, Massachusetts was chosen to become new affordable housing, thus breathing life into an old structure and addressing the community's needs. The mill served several roles throughout its history, like manufacturing yarn for wool & flannel and later producing breakfast cereals and military rations.

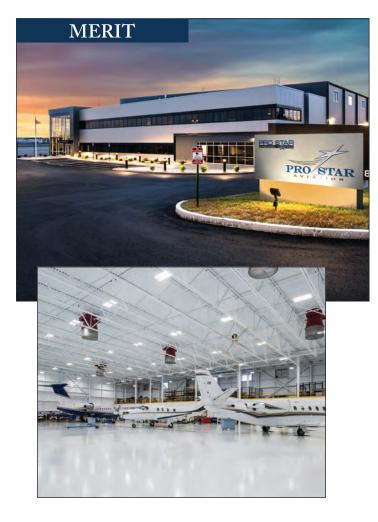
In order to make that transformation, EnviroVantage developed a strategic plan to mentor Lawrence-based ESS Contracting to complete the task of gutting interior walls, floors, windows and hazardous materials equating to over 1,202 tons of material. With a tight 28-week schedule to complete the scope with multiple contractors working simultaneously, that strategic plan was key to success.

The historic mill repurposing brought a myriad of challenges. Through the mill's 100 plus year history, undocumented changes were made within and to the structure, meaning unknown variables and hazards would await the demolition team. Building additions lacking structural integrity, tanks containing unknown substances and unidentified hazardous building materials were all present in this project. Additionally, functionally obsolete equipment, like two 6,000 pound elevator motors were removed with precision and creativity. This was truly a unique mentoring opportunity and EnviroVantage systemically guided ESS Contracting through the entire process.

Factored into this project was the challenge of limited building access and additional trades on site with equally tight schedules. The mill has a waterway along the entire back, buildings on both ends and limited front building access due to a neighboring mill. Combine that with six trades onsite simultaneously working and the key to success becomes communication and coordination. For EnviroVantage, teaching the team at ESS Contracting how to form these relationships to insure a cohesive working relationship was important.

Today the Van Brodie Mill is reborn as affordable mixed-income riverfront housing. The 134,000 square foot facility provides 102 mixed-income units while preserving the history of the site.





EXTERIOR DESIGNS

The Kendrick, Needham, Mass Commercial Over \$10 million

MERIT

The Kendrick is the latest addition to the up-and-coming N2 Innovative District of Needham, Massachusetts. Billed as a community that houses some of the nation's most forward-thinking companies, the Kendrick housing project adds a massive 390 unit apartment community for the innovators and creatives of tomorrow.

Exterior Designs was chosen by Dellbrook/JKS Construction Management for their reliability and ability to provide uncompromising quality of work and products at a competitively fair price. The design that Exterior would help bring to life included specialty artisan collection by James Hardy and a planned a full-on curved exterior for the front of the building. In addition to the eye-popping structure, the design called for a varied color pallet, variety of materials and high-end claddings on rain-screen systems.

Early in the project schedule, the Town of Needham imposed restrictions, meaning the entire exterior façade had to be completed before the town would grant occupancy for Phase 1. This meant an entire building of over 200,000 square feet of specialty claddings had to be complete on a significantly accelerated schedule. To be able to accommodate this schedule that was reduced by nearly 6 months, Exterior Designs tripled their labor and equipment needs for this project.

Specialty design, additional training, harsh weather and demanding deadline combined to make a challenging build. The Exterior Designs team accomplished the task efficiently and safely, with thousands of personnel hours worked and no lost workdays from injury. Great skill and talent brought to life the exterior of the building and today The Kendrick stands as landmark in the Needham community.

PROCON

Pro Star Aviation Design/Build MERIT

Significant growth in the private aviation industry presented the perfect time for Pro Star Aviation to build a new facility that would improve the client experience and bring their entire operation under one roof for the first time. To achieve their vision, they collaborated with PROCON to design and build an upscale energy efficient 45,000 square foot facility at Manchester-Boston Regional Airport.

Clients are greeted in a stunning two-story lobby featuring contemporary design elements and floor-to-ceiling glass. On the second floor, staff enjoy beautiful offices, an employee cafeteria, conference rooms and more. The 30,000 square foot aircraft hangar has an efficient *SmartSense* controls system, mezzanine, radiant floor heating and a translucent *Megadoor* designed to harvest natural light.

Construction took place at New England's third busiest cargo airport, so an FAA permit was required.

The new facility was on the site of the former Grenier Airfield, which required extensive excavation before the foundation could be laid. An old but active sewer line within the footprint complicated things. The team adapted the schedule and devised a creative way to build the foundation *around* the pipe as they waited modifications approval.

Because all work would take place along an active flight line, the PROCON team was in daily communication with the control tower. This rapport would be important when it came to the installation of the 180 foot clear span truss. Weighing 110 tons, the truss arrived in pieces and was expertly assembled on site. Several weeks of extensive planning with the FAA, airport authority and others would ensure a smooth installation. It required two hydraulic cranes a full day to safely lift and place the massive truss that supports the Megadoor, and two more days to make all the connections.

A unique requirement of this build was the fire suppression foam generator test. Because this is costly, it can only be performed once. On testing day, the generators were activated and within minutes the entire hangar filled with foam as designed. The build was complete.





ECKMAN CONSTRUCTION COMPANY

The Roger & Francine Jean Student Center Complex Institutional – Over \$10 million MERIT

Saint Anselm College decided that it was time to transform its Cardinal Cushing Student Center into campus hub for student life, academic support, student organizations, campus services, and faculty. To bring the vision to life, Saint A's selected Eckman Construction through an RFP process based on experience of the team, approach and fee proposal.

This would be Eckman's 15th project for the college and the firm conscientiously worked to make that dream a reality in a way that would incorporate portions of the existing structure to maintain the history of the former building.

Half of the structure was completely taken down to the foundation and expanded to accommodate the additional footprint size needed to support the new design. New structural steel would be brought in to rebuild the frame of the new student center, partially on existing foundations, partially on new foundations.

Along the way, it was revealed that a basement IT utility closet thought to service just the student center was in fact a mission-critical campus IT network hub so it could not be relocated or powered down. Creative work was done to shelter the data hub from demolition, construction and the elements so it could continue to operate as construction continued around it. Early in the project, high retaining wall foundations were being placed when a manufacturing defect in form ties was discovered. Despite this setback, Eckman was quick to move forward and ultimately was able to make up the lost time.

Over 17 months, Eckman overcame obstacles, delivered on the design and created a modern facility from the bones of the former structure that strengthened the Benedictine living-learning community. Today the center provides a dynamic hub of student life with many features that promote an active fluid space, designed to reflect the heritage and tradition of the college while serving as a beacon to the future.

NORTHPOINT CONSTRUCTION MANAGEMENT

"The Barn" Private Residence, over \$1 million EXCELLENCE

The Barn is an impressive private residence in Dunstable, Massachusetts designed and built by NorthPoint Construction Management. This new construction has a historic feel and look to it, blending in naturally with the New England landscape.

The home features expansive gathering spaces, two bedrooms, a state-ofthe-art gym, large four car garage and more. Artisan touches, such as handblown glass pendant lights with rope & pulley that adorn the custom spiral staircase, are found throughout the home.

The living room features an impressive fireplace made from natural stone, towering 32 feet in height and is double-sided, extending to the exterior of the building for outdoor use. The base of its hearth sits on a nearly 4 ton granite stone extracted from the woods in Milford, NH which had to be set in place by crane before the roof could be installed.

The rustic looking silo is another impressive feature of the build. The dome was CNC fabricated in Maryland while NorthPoint simultaneously framed the cylindrical structure on site and put in place using a crane. The stair stringers were constructed off-site by expert carpenters using steam-bending and gluelam technology to exact specifications. The stairs were then disassembled, shipped to the site and reassembled within the silo. Once all parts were together, precision design and communication guaranteed that, as planned, the stairs never touch the inside face of the silo and the dome fit perfectly.

A hybrid of construction styles was used. Post and beam were stained with a weathering solution to accelerate the natural aging process and recycled barn board are found throughout the interior and custom sliding barn doors. The impressive structural support for the second-floor balcony and the roof is provided by four 28-foot tall red cedar trunks hand-peeled and specially selected for this project from an Oregon forest.

As a unique project, the scope of work incorporated every possible trade which demanded heavy coordination and multiple trades working simultaneously. The resulting efforts produced an impressive level of detail and incomparable level of quality that NorthPoint stepped up to deliver for the client.



PROCON Rand-Whitney Industrial/Manufacturing

EXCELLENCE

Rand-Whitney is a leader in the packaging industry. Rising packaging demands and other changes in the business prompted the company to update all their Northeast facilities. The latest project would be a redevelopment of the company's Worcester headquarters. To accomplish this, they turned to PROCON, which they successfully partnered with on two previous projects.

Built in 1965, the Worcester operation needed more manufacturing lines to increase production, enhanced shipping operations, and more. Also, the corporate offices would receive a much-needed upgrade for the first time.

This build was logistically challenging and required extensive planning because the company had to remain fully operational. Nearly 120 tractor trailers accessed the site daily, 100 manufacturing employees working two 10-hour shifts daily, 50 office employees, and maneuvering manpower and construction equipment around all the work.

The company was able to shift 80% of transportation needs onto an existing rail line, though they would still need some truck access. The plan involved building three temporary loading docks as the team reconfigured the warehouse. The work expanded the building's footprint by 45,000 square feet, added high capacity loading areas and nearly doubled the number of docks to 29.

A reconfigured storm water management system prevented overflow water from causing future damage. The installation of a new waste cardboard processing system inside the building improved operations and reduced noise experienced by neighbors.

The office facelift included renovations to lobby and stairwell, a conference room and workspaces. The company moved staff from one section of the office to another as the work was done. Midway through the project, the company asked for improvements to the building's façade. The team responded with renovated windows, LED lighting, new exterior paneling and entrance stairway. But even those small improves made a significant difference.

The stair upgrade was nearly derailed when the chosen subcontractor canceled five weeks before the project's completion. Fortunately, another contractor was able to provide a higher quality product than the original and was more cost effective.



NORTH BRANCH CONSTRUCTION

State of New Hampshire Portsmouth Liquor Store #38 Commercial \$5 million to \$10 million

MERIT

The Portsmouth liquor retail outlet is one of the highest grossing stores in New Hampshire and located at one of the busiest intersections in the state. In 2017, the NH Liquor Authority decided to replace the aging store with a larger one that would also reflect a new branding look.

North Branch Construction won this high profile project in November and began work right away. They were to build a new 23,000 square foot store and warehouse, as well as demolish the existing facility, on a small footprint, and the old store was to remain active during construction.

Foundation work was completed over the winter and steel erection began in March 2018 with the store's signature glue lam columns and beam installed in April. Since the beams were pre-finished, the challenge was to keep them wrapped and protected during assembly and throughout the build.

It was a challenge to keep an existing store operational on an active construction. The initial construction plan showed space between the existing and new building structures, but in reality, there was an overlap of several inches.

Further complications, like design changes to the epoxy flooring and unanticipated product delivery with little notice, would halt construction or threaten delays. Even the demolition of the old store presented challenges, such as discovery of asbestos which halted all work until the hazardous material could be removed.

To the shopper, there was no disruption in service as operations seamlessly moved from one building to the other. This transition was due thanks to North Branch's commitment to communication and collaboration among all parties to ensure everyone crossed the goal line at the end.

EXCELLENCE





NORTHPOINT CONSTRUCTION MANAGEMENT

Main Street United Methodist Church Institutional/Public Under \$2 Million

EXCELLENCE

The Main Street United Methodist Church is a downtown Nashua landmark. This house of worship is a hub of activity as it is one of the area's largest foodbanks and provides shelter for those in need, in addition to weekly services. When the church had to modernize and make improvements, they turned to NorthPoint Construction.

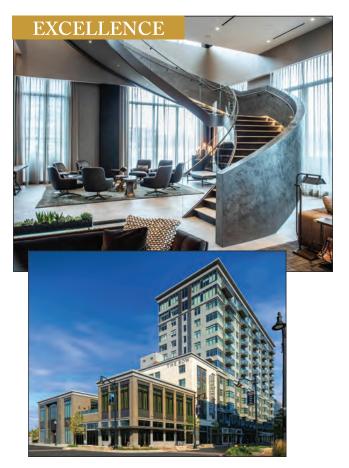
The plan was to honor the church sanctuary and Wesley Building and join the structures with a minimalist approach to new construction. The new connector would be a separate building of 2,200 square foot that joined together the brick exteriors of the existing 150-year historic buildings. The result is a beautiful new entrance, second floor gathering area and precious new green space on Main Street. It was designed in a way that honors church's historic structures and provided improvements in accessibility for the sanctuary and new comfort features like air conditioning and an upgraded A/V system.

The work did have its challenges. The build took place in an urban area with tight "right of way" public access for businesses on each side. Public access to the food pantry and the church always had to be maintained for the church to fulfill its mission of helping those in need. Furthermore, the team had to empty and remove a 10,000 pound oil tank that was discovered under the sanctuary lawn. All this was accomplished by NorthPoint through extra care in daily planning and operations.

Within the church, utmost care was given to the restoration of intricate stainedglass windows that were moved when a new passageway was constructed. NorthPoint carpenters crafted new molding to perfectly mimic the original woodwork and incorporated displaced windows in the new exterior design.

The most notable challenge was the impressive staging required to support the balcony and work on the high ceiling of the sanctuary. Staging measured 72 feet by 70 wide and towered up to the ceiling 50 feet above the floor. This would be the biggest staging system the firm had ever experienced.

Any one challenge by itself was difficult. The planning, skill and communication from the NorthPoint team handled every challenge with professionalism and quality. The result was the restoration of a historic property that will continue to be a part of an ever-evolving community.



PROCON

Assembly Row – Mixed-Used Development Design/Build

EXCELLENCE

Named for Ford Motor's assembly plant that occupied the site from 1926 to 1958, Assembly Row is the resurgence of a long-blighted area into an incremental masterplan for a 21st Century live/work/play neighborhood just outside of Boston.

PROCON's reputation as the largest vertically-integrated team of developers, designers and builders in the Northeast is what led developer Federal Realty Investment Trust to choose them for the job.

PROCON took up the challenge to build a complex site located in an active neighborhood. Throughout the process, the firm helped ensure continual public access to the Assembly MBTA Orange Line, safeguarded patrons of nearby outlet stores, restaurants, a movie theater and LEGOLAND. The team also had the challenge of a project surrounded on three sides by active city streets and proximity concerns with an adjacent project running simultaneously, and within same phases of work.

The pressure was on to complete the project as condos were presold, so the choice was made to use a 4-foot-thick mat slab instead of conventional piers and footings. Poured over five weeks in five sections, the entire slab used an impressive 6,500 cubic yards of concrete and shaved a month off the project schedule. Design changes to some of the condos also required quick adaptation to balcony spaces and being so close to another active jobsite necessitated coordination of tower cranes between sites.

The result was a 13-story 315,000 square foot building featuring a 158 room hotel in the first five floors, luxury condominiums above as well as an underground parking garage and 22,000 square feet of ground floor retail space. PROCON successfully handled each challenge and tied together the design's six major elements -each with unique requirements, to the satisfaction of a diverse group of owners.

This project was to see PROCON achieve a series of "firsts" in the firm's 84 year history, such as its largest design-build project ever; largest single project-to-date; most complex job on record; first 4-foot deep mat slab placement and first job with so many corporate interests to satisfy.





REILLY ELECTRICAL CONTRACTORS, INC. – RELCO

Pfizer's Clinical Manufacturing Facility Electrical

EXCELLENCE

In December 2016, RELCO was awarded the electrical and telecommunications subcontract for Pfizer's \$200 million Andover Clinical Manufacturing Facility. This massive project included over \$12 million in electrical, telecommunications and data construction work to be completed in a tight construction window. The new facility was slated to be online and fully functional within a 36-month construction schedule.

Building Information Modeling would play a big role in this project. BIM kiosks were deployed throughout the building for constant trade coordination and project updates allowing instant communication to foremen. Real-time in the field information sharing significantly improved productivity. This was particularly helpful on the interstitial utility floors.

The RELCO Fast-Track team prefabricated many of the materials used, which reduced waste and exposure in the field. That was especially useful working in pharmaceutical clean spaces which required extremely tight coordination between all contractors. The compressed work areas and just in time installations were a challenge RELCO mitigated through pre-task planning.

Immense on-site collaboration produced innovative results, too. For instance, RELCO prefabricated and installed a 4-story rise of 32 4" pipes inside an open shaft to accommodate electrical requirements and other trades as well.

The lack of on-site storage led to the creative use of mobile storage cages that tradespeople rolled to daily working areas. That limited material on the ground, reduced waste and meant supplies were securely stored at night.

Work had to accommodate occupied spaces and ensure Pfizer could maintain day-to-day operations. As material arrived, often unannounced, RELCO would communicate with Pfizer's team in the occupied spaces and then complete safety log-out tag-out procedures to tie-in and energize the new equipment. Together with the phased deliveries and commissioning start-ups, RELCO completed over 75 lock-out tag-outs without interruption to daily operations.

RELCOM also installed a robust wireless network that seamlessly tied together existing and new systems, which resulted in uninterrupted service for the construction and on-site end user Pfizer teams.

Coordination of major utility shutdowns required significant pre-planning for each 13-hour day over three Saturdays and involved numerous manhours to seamlessly tie in the new building to the normal switch gear, emergency power and the life safety unit substation. 700 foot runs were installed using a series of manholes.

The project was completed on time with nearly 90,000 man-hours of work and zero safety violations. RELCO's team exceeded the electrical and telecommunications requirements for this large-scale pharmaceutical manufacturing project that was delivered to the owner within budget and schedule.

The Excellence in Construction Celebration



2019 EIC... Winners All!











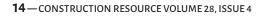




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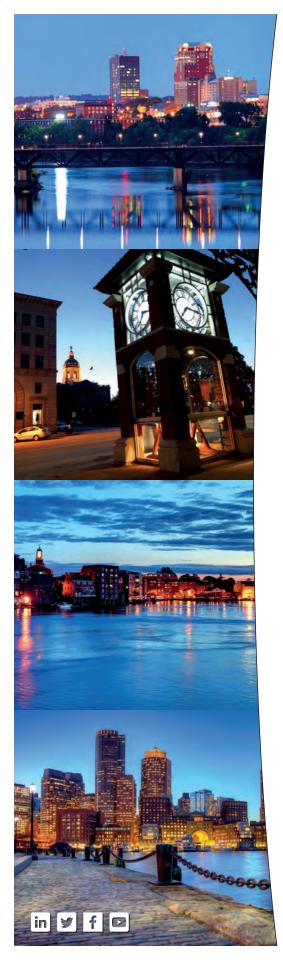












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MEMBER NEWS

PROCON

On September 26, 2019, PROCON welcomed guests to their new 26,000 SF building in Hooksett, NH for a ribbon cutting celebration. Dignitaries, partners, community leaders, and employees all arrived to celebrate the official opening of the 2-story Class A office building Governor Chris Sununu, Mayor Joyce Craig of Manchester, and Hooksett Town Administrator Andre Garron, who all spoke at the event.

The expansion is the result of workforce growth at the Hooksett campus, coupled with a masterplan to upgrade the entire headquarters (purchased nearly



that houses the company's construction management team. PROCON Owners Mark and Sally Stebbins were joined by NH 40 years ago), in phases over several years. The building features a dramatic glass entrance that



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segues into a spacious lobby. Glass-encased offices with high ceilings and adjustable standing desks lead into hallways with collaborative spaces and wrap-around offices. An innovative training room allows for continuous workforce development, and the stylish cafeteria offers high-end amenities for employees to enjoy. As the Company continues to grow, the building's second story is available for future expansion.

"It makes us much more of a design entity than we were before, and we are really trying to grow that part of our business. We do not see any signs of a slowdown in the near future. The goal is to just continue to grow steadily," Mark Stebbins.

PROCON began construction on the 88,000 SF dual-brand TownePlace Suites/Fairfield Hotel by Marriott located at 85 Station Landing in Medford, MA. PROCON is the designer and construction manager, and longtime development partner XSS Hotels of Manchester, is the owner. The 9-story hotel will be steps away from the Wellington MBTA stop, and under 10-minutes' drive from Boston Logan International Airport, downtown Boston, and one of the nation's leading higher education institutions - Tufts University.

In total, 156 intelligentlydesigned and well-appointed guestrooms will be divided between the two brands aimed at business and leisure travelers. TownePlace Suites will offer 84 extended-stay king and doublequeen suites targeting longerstaying guests. Each suite will provide fully-equipped kitchens with standard-sized appliances, such as a cooktop, microwave, dishwasher, and refrigerator. Short-term travelers will have their choice of 72 comfortable and affordable guestrooms offered by the Fairfield.

This is the second hotel

collaboration by PROCON and XSS Hotels in the City of Medford. In 2016, the adjacent Spanish-inspired AC Hotel Boston North opened at 95 Station Landing, and it was the first newly-built AC in the U.S. When designing the dual-brand hotel, PROCON's architects created a modern building to blend with the bordering AC Hotel while distinguishing its own identity. This was achieved by selecting 2-story-high prefabricated brick and metal exterior panels in similar color tones.

Overall, it is an exciting time to add a hotel to Medford's booming landscape. According to a 2017 report by Medford and the Rogue Valley tourist publication, the City has experienced record-breaking growth in their travel, tourism, and hospitality industries. And, when TownePlace Suites/Fairfield at Station Landing opens in late 2020, those visitors will have additional accommodation options.

METRO WALLS

Metro Walls is excited to announce that they expanded operations to the South Shore of Massachusetts. The new location will serve the shore of Massachusetts, Cape Cod, and Rhode Island, providing commercial framing, drywall and acoustical ceilings.

Heading the charge for this new branch will be General Manager Jay Rocha, who comes to Metro with over a decade of commercial drywall expertise. Rocha, former project manager for Superior Drywall can't wait to lead this South Shore team! He is a native of Fall River, MA, and he knows this region well.

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have Jay Rocha on board. I can tell he loves what he does and he has the energy to keep up in this business", says Mike Dion, President of Metro Walls

With locations already in Manchester, NH and Portland Maine, Metro Walls is looking forward to building new relationships in the South Shore, Cape Cod & Rhode Island.

TF MORAN

TFMoran has donated \$5,000 to NeighborWorks[®] Southern New Hampshire in support of West Side RENEW, an initiative to redevelop and preserve properties in significant decline or in need of capital improvements on Manchester's West Side.

West Side RENEW complements NeighborWorks® Southern New Hampshire's overarching community



Robert Tourigny (Executive Director-NWSNH), Robert Duval (President-TFMoran), Dylan Cruess (COO-TFMoran), Jennifer Vadney (Neighborhood Development Director-NWSNH)



TFMoran Principals Jeff Kevan, Paul Sbacchi, Dylan Cruess and Robert Duval

building mission in this area of Manchester, which began in 2006 with the West Granite Revitalization Initiative that resulted in more than \$5 million in investment over nine years to increase the home ownership rate, expand the number of owner occupied multifamily properties, and reduce neighborhood density.

The current effort continues NeighborWorks® Southern New Hampshire's focus on eliminating or redeveloping dilapidated or problem properties in the area and increasing the number of affordable rental units. TFMoran's contribution will support the redevelopment of 459 Granite Street to create 4 new affordable rental apartments in a currently uninhabitable building.

TFMoran's Chief Operating Officer, Dylan Cruess was

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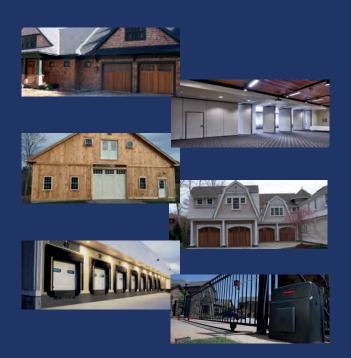
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selected as one of New Hampshire's 200 Most Influential Business Leaders by New Hampshire Business Review. The "New Hampshire 200" Inaugural Reception was held on October 30, 2019 at the DoubleTree by Hilton Manchester to recognize the prominent business leaders.

Mr. Cruess was honored to be named one of the 200 chosen by New Hampshire Business Review's editors after a year-long research initiative was conducted for the state's most influential business leaders in the private sector across major industries. In choosing the individuals, the editors collected suggestions and nominations from industry contacts throughout the state to determine the individuals who have had the greatest impact on New Hampshire's economy, business climate and quality of life. The business leaders selected have a real influence within their professions, industries and communities, along with making an important and lasting imprint where they live and work.

Mr. Cruess joined TFMoran, Inc. in 2001 after graduating from Bates College earning a degree in Economics. In 2013 he became an owner and Chief Operating Officer of TFMoran when the company was transferred to four senior employees. Mr. Cruess is very involved in the local community and is currently on the board of directors for numerous organizations including the Greater Manchester Chamber, March of Dimes and Business Committee for the Arts.

ATLANTIC PREFAB

Atlantic Prefab (API) of Wilton, NH was proud to host their first Commercial Prefab Summit in October 2019. API, a leader in commercial prefab, metal trusses and specialty panels created this event as an opportunity to educate potential clients on the benefits of prefab and tour their facility.

Over sixty attendees participated in the event. These industry professionals included architects, engineers and general contractors, some from as far as Arizona.

Presenters included Tim Salerno from Sto Panel, Andrew Hudson from Jersey Panel and Mark Jarvinen from Simpson String Tie. These presentations

CONTINUED ON PAGE 39



At Atlantic Prefab's Commercial Prefab Summit, President Mark Beroney led tours of API's facility. Here, attendees were able to get an inside look at the commercial prefab process.



To the Associated Builders & Contractors NH/VT Chapter Membership:

The **ABC Young Professionals Group (YPG)** has had a tremendous year in 2018. We set lofty goals for the group and, in the end, we exceeded all of our own expectations. Our twelve-member Steering Committee stepped up and gave it their all to make this one of the most successful and productive years since the ABC YPG's inception in 2012. I have been blessed to have such an energetic, determined, committed, and resourceful group.

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Here are some highlights and milestones from 2018:

- Hosted 5 networking events, including our Party in the Park, co-sponsored by Concord YPN, which garnered over 150 people in attendance;
- Introduced, developed, and executed two of our very first educational seminars;
- Started the YPG Scholarship Fund (funded by 100% of educational seminar proceeds);
- Raised \$1,500 for the Parkside Middle School Pilot Program;
- Raised \$4,500 in cash and \$500 worth of donations for Families in Transition-New Horizons at our annual Charity Bowling Tournament;
- Developed the framework for, and presented, our First Annual Young Professional of the Year Award (awarded to Cody Barnes from Methuen Construction);
- Developed the YPG Ambassador Program for implementation in 2019.

The ABC NH/VT staff have been an invaluable resource. Thank you so much to Josh, Paulette, Jennifer and Shari for their continuing support. In 2018, we had seven ABC companies support and underwrite the YPG as annual Platinum Sponsors. Without their support, we would not have been able to be as effective as we were. We are very lucky to have a supportive membership. If your company would like to sponsor the ABC YPG for 2019, or if you have any questions about sponsorship details, please email chairman@abcypg.org.

Thank you once again to the ABC YPG, the ABC NH/VT staff, our Platinum Sponsors, and to all of the ABC companies and their employees who have attended and sponsored our events. 2018 has been amazing and I cannot wait to see what we achieve in 2019.

Jéff Comeau, Chair ABC YPG Board of Directors











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ECONOMY

2020 Construction Economic Forecast

BY ANIRBAN BASU - CHAIRMAN AND CEO, SAGE POLICY GROUP

Visit here to find the entire article with exhibits and charts: https:// constructionexec.com/article/2020construction-economic-forecast

 λ /hat could go wrong? By September of this year, America's unemployment had dipped to 3.5%, the lowest observable rate since December 1969. Despite a weakening global economy, the specter of negative interest rates in much of the advanced world, enormous indebtedness among households, corporations and governments around the world, simmering trade disputes, geopolitical tensions from Hong Kong to the Turkish/Syrian border, Brexit and a host of other vulnerabilities, U.S. equity and bond markets have continued to perform brilliantly.

Buoyed by a strong job market, U.S. consumers continue to punch above their lofty weight, and a long-predicted U.S. corporate earnings recession has failed to materialize.

As 2019 exits and gives way to 2020, contractors continue to report difficulty finding workers and lengthy backlogs according to ABC's Construction Backlog Indicator (CBI), the average backlog stood at nine months in August 2019. All of this seems consistent with the notion that America's economic expansion, now in its 11th year, is not on the verge of ending anytime soon.

Former Federal Reserve Chairwoman Janet Yellen and many other economists have said that economic expansions don't die of old age. Indeed, the fact alone that this is the lengthiest expansion in American history does not imply an impending stoppage. After all, Australia, another advanced economy, hasn't suffered a recession in nearly 30 years.

Despite the availability of research indicating that expansions don't simply reach an expiration date, many economists seem to believe that they really do. The Wall Street Journal polled 73 economists at the beginning of 2019, asking them what they expected of the economy for the coming year. The results of the survey indicated that a quarter of the respondents predicted a cut rates three times as of press time.

But new risks have emerged in the interim. Despite a partial trade agreement reached in mid-October, trade disputes continue to roil markets and add to the levels of uncertainty facing them. The president finds himself embroiled in fresh controversy, this time involving Ukraine. Through it all, U.S. equity markets have largely responded with shrugs and yawns, with

Without question, the biggest surprise of 2019 doesn't relate to impeachment, immigration policy or other matters of deep interest to the inside-the-Beltway crowd. Rather, the biggest surprise has been the lack of inflation generated by the U.S. economy.

recession at some point during the current year. This was the highest reading since October 2018. Moreover, in 2017, only 13% of respondents predicted a recession.

There are several reasons for this. According to Bernard Baumohl, chief global economist at the Economic Outlook Group. "A further deterioration in the trade dispute with China, combined with a deeply divided U.S. government and a conclusion to [Former Special Counsel Robert] Mueller's investigation could sap all the energy out of the economy." Additionally, at the start of last year, many had expected the Federal Reserve to continue raising rates, thereby lifting borrowing costs and impeding both consumer spending as well as private investment in new construction, equipment, etc.

These fears proved to be unfounded. The Mueller investigation essentially fizzled as an economic factor. In light of persistently low inflation, the Federal Reserve didn't raise rates further in 2019, but instead has each significant reversal in stock prices invariably followed by a subsequent rally.

LACK OF INFLATION

Without question, the biggest surprise of 2019 doesn't relate to impeachment, immigration policy or other matters of deep interest to the inside-the-Beltway crowd. Rather, the biggest surprise has been the lack of inflation generated by the U.S. economy.

To understand just how shocking this is, one has to take a few steps back. In December 2015, the Federal Reserve began ramping short-term rates higher in an effort to normalize monetary policy and to combat presumed inflationary pressures. Between December 2015 and December 2018, the Federal Reserve would raise rates no fewer than nine times, lifting the Fed Funds rate from essentially zero to just above 2%.

Coming into 2019, the presumption was that the Fed would continue to tighten monetary policy. After all, America is a nation that cut taxes dramatically in late-2017 when the economy was already approaching full employment. In 2018, U.S. economic growth accelerated meaningfully from 2017, when the U.S. economy expanded 2.2%, to just short of 3%, and given already low unemployment, the thinking at the time was that problematic inflation was sure to follow. As of September 2019, the nation had continued to add jobs for 108 consecutive months. The number of job openings per unemployed worker has hovered around 1.2 in recent months, which is extraordinarily inflationary given that construction firms, distributors and others are continuously striving to identify new talent and cling to the human capital that they have already amassed.

But rather than accelerating, inflation has remained benign hovering at least at or slightly below the Federal Reserve's stated 2% target. There are many conceivable explanations for this, including a weakening global economy, which reduces demand for goods and services, thereby keeping prices low; a strong U.S. dollar; the Amazon effect (ever improving supply chains and transparent pricing); and worker productivity growth.

One key ramification is that rather than raising rates, the Federal Reserve chose to cut rates in July, September, and again at the end of October. In other words, despite guiding monetary policy in a nation at full employment, the Federal Reserve has decided to further support growth rather than to fixate on inflation. Few, if any, economists had predicted that stance coming into the year-a year that was supposed to be associated with both emerging inflationary pressures and rising rates.

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It is not the case, however, that the Federal Reserve has flipped to slashing short-term rates merely due to a lack of problematic inflation. The U.S. economy has been slowing, led by a manufacturing sector that is arguably already in recession.

MANIFESTATIONS OF A SLOWDOWN

Last year, the U.S. economy expanded 2.9%. During the first quarter of the current year, the U.S. economy expanded 3.1% on an annualized basis. Then came the second quarter—a quarter associated with 2% growth on an annualized basis. Many economists predict that the latter half of 2019 will be associated with sub-2% growth, in part due to a faltering industrial sector. It is likely a source of disappointment to some that the U.S. economy has already slipped to a rate of growth observed prior to the passage of the Tax Cuts and Jobs Act of 2017.

Manifestations of this slowdown are abundant. In September, U.S. factory activity contracted for a second consecutive month. The Institute for Supply Management reported in early October that its measure of factory activity reached a ten-year low. As indicated by writer Harriet Torry, new orders for durable goods, products designed to last at least three years such as computers and machinery, have been down more than 4% from a year ago.

This weakness is beginning to permeate throughout the broader economy. Job growth is slowing. Over the past six months for which there is available data, job growth in America has averaged 154,000 jobs/month. During the prior six months, the monthly average stood at 204,000. As an example, in September, the nation added 136,000 net new jobs, according to the initial estimate from the Bureau of Labor Statistics, continuing a trend of softening employment growth.

It would be possible to argue that slowing job growth is hardly an indication of broadening economic weakness. After all, in a nation offering more job openings than available workers, one would expect that job growth would trend lower as the task of securing new workers becomes more challenging with the passage of each and every month.

With consumer spending representing approximately 70% of aggregate demand for goods and services, a strong labor market would tend to produce a healthy consumer sector, which, in turn, would tend to keep GDP growing. All of this is fodder for those predicting that the U.S. recovery will continue to persist through 2020 and beyond. But this is a debate, with each point that is made by those who predict ongoing expansion likely to be countered by an equally plausible point emerging from doomsayers. For instance, while the number of job openings remains elevated, the absolute number has been in decline in recent months.

What's more, wages are not growing as rapidly as they had been, which compromises the strength of the consumer spending hypothesis. While America's rate of unemployment had declined to a 50-year low in September, the labor market's resilience is no longer extending to wages. Hourly wages actually declined in September for the first time in two years; the one-cent-per-hour slip recorded in September to \$28.09/hour represented the first monthly decline registered since October 2017. Over a recent 12-month period, average hourly wages were up a mere 2.9%, the slowest

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pace registered since July 2018. In the past, sharp declines in unemployment have frequently triggered commensurate increases in earnings. But not this time around. One reason speculated for that shift is fear. Rising worries about a potential recession over the next 12 to 18 months are rendering employers more risk averse, causing them to limit raises and other forms of wage increases.

NOW, A WORD FROM OUR LEADING INDICATORS

One way to tilt toward one side of the debate relative to the other is by analyzing the trajectory of leading indicators. which are indicators shown to lead the trajectory of the broader economy. The Conference Board, a private organization in New York, represents an important source of leading indicators. Its Leading Economic Indicator (LEI) Index is comprised of 10 leading indicators in their own right, such as the number of building permits issued. In the past, the direction of the LEI Index has proven a useful way to predict the direction of the broader U.S. economy.

The LEI Index exhibit provides readings for the most current month as of press time (August 2019), as well as readings from six months prior (February 2019). As indicated, over the last six months, the index has edged higher, but several leading indicators are in retreat. Consumer sentiment has also softened. According to the University of Michigan's Consumer Sentiment Index, it dropped below 90 in August 2019 for the first time since October 2016. The latest reading has consumer sentiment rising to 92.3 in September.

CONSTRUCTION MOMENTUM PERSISTS

While construction spending is generally viewed as a lagging

indicator of economic activity (among the last segments to be impacted by a downturn and among the last to begin to recover after one), the performance of the nation's construction industry remains robust. The construction industry added 7,000 net new jobs in September, the last month for which there is available data at press time. For the year, the industry added 110,000 jobs, an increase of 1.5%. The data indicates, however, that like a growing number of industries, monthly construction job growth has begun to soften.

Still, that represents an impressive year-to-date tally for a number of reasons. Ask any contractor about their circumstances, and they are likely to break out with laments regarding an inability to secure sufficient numbers of electricians, plumbers, glaziers, roofers, superintendents or estimators.

These shortages come at a time when contractors have elevated demand for new workers. According to the August 2019 reading of ABC's Construction Confidence Index (CCI), 59.3% of contractors intend to expand their staffing levels over the coming six-month period, while just 9.8% intend to decrease their staffing levels. Shortages aside, construction firms have managed to continue to find new people, though in many instances the newcomers require substantial training. Among experienced workers, wages continue to rise rapidly, helping to drive up the overall cost of delivering construction services, even in the context of generally well-behaved construction materials prices.

Construction spending in several private nonresidential categories has waned (see p. 30), perhaps because of rising concerns regarding overbuilding





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in certain segments. Among these segments are office and lodging, both of which have experienced chunky increases in spending over the last five years, recent weakness notwithstanding. This has resulted in private spending being down and public spending doing the heavy lifting. Indeed, one of the sources of strength for the U.S. economy over the last year has been a pickup in infrastructure spending. While the federal government has yet to fashion a full-fledged infrastructure plan for the nation and the Highway Trust Fund is set for insolvency by 2021 absent Congressional action, infrastructure-related outlays remain a good news story. So far, state and local governments have come to the rescue, supported by rising collections of income, sales and property taxes. Several key construction segments have benefitted as a result, including water/sewer, transportation and highway/street.

These outlays have pushed the infrastructure segment of ABC's CBI (see above) to 10.4 months of backlog as of August 2019, the highest of the three segments considered by the indicator. By contrast, backlog in the heavy industrial category slipped to 7.7 months in August, a decline of 12%. It appears that the slowdown in factory activity is now being reflected in construction spending data.

Growing contractual volume in the infrastructure category helped to push backlog among Middle States contractors up to 8.8 months, a 1.8-month gain. Overall, backlog continues to be lengthiest in the South and West.

2020: FLASHING YELLOW

Economists have been predicting the next economic recession for years now. The last year was especially difficult to forecast given the enormous influence of uncertain policymaking. Tariffs announced as definitive one month would be postponed indefinitely during the next, only to return a few weeks later.

Though the Federal Reserve has cut rates twice in 2019, reducing borrowing costs likely won't solve the issues underlying the economy. American households and businesses face significant uncertainty heading into 2020, with individuals struggling to understand the impact of international trade disputes and the consequences of their own expanding indebtedness.

What is known is that there will be elections in the United States in less than one year, which will serve to further expand uncertainty. For businesses, this means an indefinite future in the coming months regarding taxes, health insurance, defense contracting, trade relations and, of course, regulation.

For households, this translates into uncertainty regarding federal taxes, state and local tax deductions, incentives to purchase electric vehicles, social assistance, payments to farmers, and more. Even state and local government policymakers face growing ambiguity regarding future federal spending on infrastructure and social programs such as Medicaid.

Ultimately, the heightened level of uncertainty could induce many economic actors to adopt a wait-and-see attitude, further reducing economic activity in the context of an already rapidly softening global economic environment. An inverted yield curve and other indications have been flashing yellow for months.

Anirban Basu is chief economist of Associated Builders and Contractors.



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offered AIA and General Education credits to attendees and also provided education on the benefits of prefab for commercial construction.

In addition to speakers, vendors set up tables at the event and offered product samples and some great giveaways! Vendors included, Dri-Design, EB Metal, Kamco, Simpson Strong Tie & Star Sales. These booths were available during lunch and helped make this gathering even more interactive. API would like to give a special thanks to sponsor and long-time supplier EB Metal for sponsoring lunch for this summit!

"From labor cutting to precision to significant time saving, there are so many benefits to commercial prefab. This event made it possible for us to educate potential clients on these benefits and show off our facility. It was a great turn out and we are really happy with the outcome of our first summit", said Mark Beroney, President of Atlantic Prefab.





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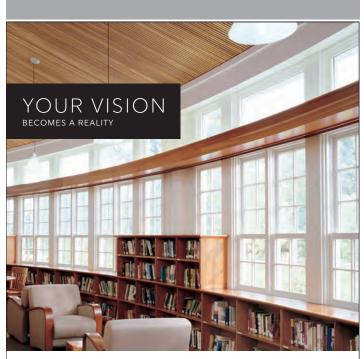
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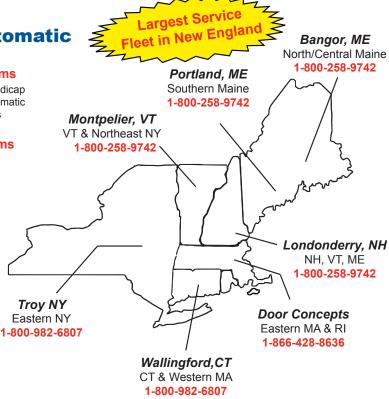
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