



Useful tips, news and information from James CRAFT & Son, Inc.



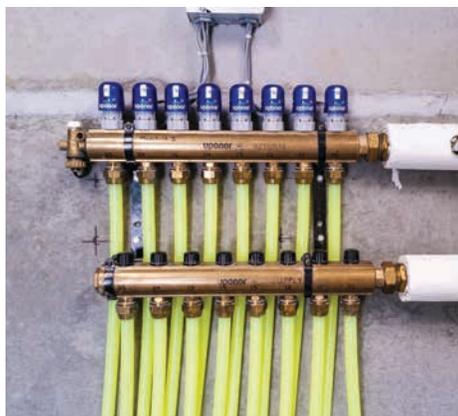
Aggregate bin walls with radiant tubing.



Above left: Miles of radiant heat tubing was installed over 6-inch by 6-inch wire mesh that we built in our pre-fab shop and transported to the site. Right: The boiler room.



Radiant heat controls.



Tubing manifolds.

Northeast Prestressed Products

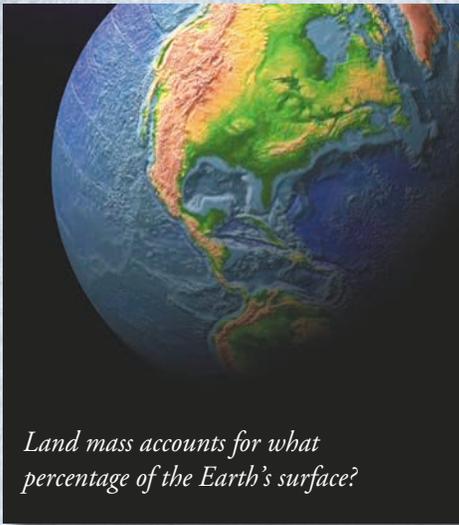
New Batch Plant in Cressona, Pennsylvania

This customer required a radiant heat system installed around (and under) a 20-foot x 52-foot x 30-foot bunker to store aggregate at precise temperatures needed for the formation of the pre-stressed concrete beams they manufacture, which must be warmed to 110°F to meet stringent specifications for road and bridge construction. CRAFT coordinated the efforts of its in-house designers and estimators, with several subcontractors and vendors to get the job done. In addition to the boilers, piping, valves, controls and other components of the job, miles of radiant heat tubing was installed within the pre-stressed concrete walls and over a 3-foot thick flooring bed of 6-inch x 6-inch wire mesh that we built in our pre-fab shop.

Northeast Prestressed Products, LLC maintains office, manufacturing and storage facilities on a 28-acre site in Cressona, Pennsylvania, strategically located near major transportation arteries. The plant, with 80,000 square feet of fully-enclosed production area, houses prestress and precast operations, as well as all support activities. Engineering support is provided to all facets of the operation by an in-house professional staff licensed in Pennsylvania and New York.

Another successful project completed by our Quality CRAFTsmen!





Land mass accounts for what percentage of the Earth's surface?

Where On Earth?

- 1) The Tropic of Cancer is located:
 - a) north of the equator
 - b) south of the equator
- 2) New Zealand is:
 - a) west of the international date line
 - b) east of the international date line
- 3) The Faroe Islands belong to:
 - a) United Kingdom
 - b) Denmark
- 4) Land mass accounts for what percentage of the surface of the Earth?
 - a) 29%
 - b) 36%
- 5) Only one Canadian province borders the Great Lakes. Which one?
 - a) Ontario
 - b) Quebec
- 6) The world is divided into four major oceans. Some authorities consider there to be five. What is it called?
 - a) Antarctic Ocean
 - b) Southern Ocean
- 7) The world's largest lake is called:
 - a) Lake Superior
 - b) The Caspian Sea

—*Scientific American, Inc.*

Answers: 1) a; 2) b; 3) b; 4) a; 5) a; 6) Trick question. Both answers are correct; 7) b The Caspian Sea, located between Europe and Asia is referred to as a sea, but with no outlet, it is in fact a lake.

One Act of Kindness

One rainy night many years ago, an elderly gentleman and his wife entered the lobby of a small hotel in Philadelphia. The man asked the clerk if he had any rooms.

The clerk was a friendly man who prided himself on superior customer service. He said that unfortunately the hotel was completely booked. "However," he said, "rather than send you out in the rain at 1 in the morning, I would be happy to offer you my room. It's not a suite, but it will be comfortable for the night."

The elderly man tried to object, but the clerk insisted. The next morning, as he paid his bill, the elderly gentleman said to the clerk: "You are the kind of manager who should be the boss of the best hotel in the United States."

Two years passed. One day the clerk received a letter from the elderly guest, inviting him to New York for a visit with a round-trip airline ticket. When the clerk arrived in New York, the man met him and led him to the corner of Fifth Avenue and 34th Street. He pointed to a brand-new building. "There is the hotel I have built for you to manage," said the elderly man.

"You must be joking," said the astonished clerk.

"I can assure you that I am not," said the old man, a smile on his lips.

The elderly gentleman was William Waldorf Astor, and the palace that he had built for the young clerk was the original Waldorf-Astoria Hotel.

The moral: You never know when kindness will come full circle.

This White Dwarf Is One-of-a-Kind

Astronomers have located a white dwarf star that seemingly breaks the rules. A white dwarf is formed when a dying star flings off most of its gaseous body into space, leaving behind a hot, exposed core. Most retain an atmosphere of hydrogen and helium, with heavier elements like oxygen and carbon sinking deep to the center of what's left of the star.

But the *Science News* website reports that scientists have discovered a white dwarf in the Draco constellation, some 1,200 light-years away, with an atmosphere that's rich in oxygen—affording astronomers a clear look into the interior of the body that they haven't had before.

One theory is that another nearby star might have pulled gas—and mass—from the star as it decayed, leaving the oxygen behind. Another explanation is that a heavy layer of hydrogen might have triggered a massive thermonuclear explosion and ripped off the white dwarf's outer layers.

This is the only white dwarf of its kind observed so far—but exceptions like this one can help scientists understand the rules behind how the universe runs.

"Hobbits" Older Than Originally Thought

Scientists discovered ancient human fossils on the Indonesian Island of Flores more than 10 years ago and nicknamed the new species "hobbits" because of their diminutive size, about 3.5 feet tall. They believed these small humans (official name: homo floresiensis) lived about 18,000 years ago, or perhaps even later.

But according to an article in *The Christian Science Monitor*, the remains may be much older. Some scientists are now arguing that erosion made the fossils appear more modern than they really are. Using such techniques as radiocarbon dating and uranium-series dating, they've determined that the fossils may be 60,000 to 100,000 years old. Artifacts made of stone discovered in the same area appear to be between 50,000 and 190,000 years old, pushing the date of the hobbits' existence—and extinction—back further than previously thought.



The Internet Spreads Across the Globe

Access to the Internet has expanded around the world, according to the Pew Research Center.

A global survey found that 54% of people in the developing world consider themselves “Internet users” in 2015, up from 45% just two years earlier. Those users include 37% of survey respondents who said they own a smartphone, an increase from 21% in 2013.

Still, growth is slow in some parts of the world. In Africa, the countries Burkina Faso, Uganda, and Ethiopia have Internet use rates below 20%. The rate is 42% in South Africa and 39% of Nigeria, two of Africa’s largest economies.

Meanwhile, advanced economies have much higher rates—94% in South Korea, 93% in Australia, 90% in Canada, 89% in the United States, and 89% in the United Kingdom.

SPEED BUMP

Dave Coverly



Caregiving Has Its Rewards

As Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most help just one person, but 22% are responsible for two people and 7% provide help to three or more. Most caregivers are between the ages of 45 and 64 (23%), but 17% of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32% describe caregiving as stressful, but 88% say helping out an elderly loved one is a rewarding experience.

A recent article on *The New York Times* website linked to a number of different studies touting the positive effects of caffeine on several different health problems.



Coffee May Keep You Healthy

Is drinking coffee good for you? A recent article on *The New York Times* website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- **Liver damage.** A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- **Tinnitus.** Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.
- **Auto crashes.** A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63% less likely to be involved in crashes while driving.
- **Melanoma.** An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20% less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun’s ultraviolet rays is still the most important way to avoid melanoma.)

Don't Fear Creative Thinkers

Lots of managers say they’re looking for creative employees with innovative ideas. But a study reported in the *Journal of Experimental Psychology* found that many leaders see creative people as unpredictable and risky, so they avoid hiring them out of fear that they’ll create too much uncertainty and clash with the status quo of their work group.

Don’t make that mistake. Seek out creative people and welcome their input, even if it sends your department in new directions. Remember that every organization needs imagination and innovation in order to grow.

2016 ABC Apprenticeship Graduates

This past year marked an exciting milestone for a special group of people as they furthered their careers at James CRAFT & Son (and within the industry) by graduating from the Associated Builders & Contractors Apprenticeship Program.

The plumbing program graduates are:

- Ian Dilley
- Aaron Owens
- Ian Sayres

The sheet metal program graduates are:

- Jason Smith
- Ben Witmer



Pictured left to right are the 2016 ABC Apprenticeship Graduates: Ben Witmer, Jason Smith, Ian Sayres, Ian Dilley and Aaron Owens.

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Quality CRAFTsmanship In Every Job

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