

INTOUCH

SUMMER 2018 | A **McALVAIN** COMPANIES PUBLICATION



INDIAN CREEK PLAZA KICKED OFF THE SUMMER WITH ITS GRAND OPENING

Caldwell, Idaho. Summer was officially kicked off in the City of Caldwell July 12th with the grand opening and ribbon cutting ceremony for the recently completed Indian Creek Plaza. It may have been one of the most celebrated grand openings the City has seen in quite a while - the plaza was packed! Adults relaxed under the shade of the plaza umbrellas while listening to the band up on ICCU Stage and enjoyed food and beverages from local vendors while the kids ran through the splash pads and fountains. The plaza serves as a focal point for the Downtown Caldwell Revitalization Project. The Summer Concert Series brought regional and national touring musicians to the plaza each Tuesday night throughout the summer. The plaza will be transformed into an Ice skating beginning in November and open 7 days a week. Make sure to follow future activities on the plaza: facebook.com/indiancreekplaza

Pictured below: Spencer Doerty, Summer Intern; Mike Keeley, Project Manager and Macy Lui, Project Engineer/Assistant PM. Brian Murphy served as Superintendent on the project. Nice work Team! This is why we do what we do!



PROJECT ANNOUNCEMENTS

McAlvain Construction, Inc.

Ridley's Family Market in Weiser, Idaho
ACHD 2018 Facilities Improvements

McAlvain Concrete, Inc.

BSU Micron Center for Material Research
Afton 2
Ten Mile Creek Apartments

McAlvain Design Build, Inc.

East Boise Community Re-entry Center Expansion

RECENTLY COMPLETED

McAlvain Construction, Inc.

Micron Building 17C Lobby Remodel
LHM Subaru Expansion & Parking Lot

McAlvain Concrete, Inc.

NNU Synthetic Turf Field
New Cold

SUMMER INTERNSHIPS

Thank you for your hard work this summer!

Connor Slattery Misc. Project Engineering

Spencer Doerty Indian Creek Plaza

Joe Provenzano Concrete Estimating

Moises Ramos The Broadway, Idaho Falls

AWARDS

The Grove Plaza Renovation Recognized as an ENR 2018 Best Project

The Grove Plaza Renovations has won multiple awards since it opened last summer. Most recently, ENR named the project "Best Landscape/Urban Development" in its Mountain States 2018 Best Projects Competition. Congrats Team!



CONGRATULATIONS!

James Hites has been promoted to Concrete Finisher Foreman.



"Partners in Safety"
OSHA





Construction Updates in Photos

Below is a partial showing of current projects and progress:

- (1) Complete: NNU Soccer & Lacrosse Field (NNU Campus)
- (2) St. Luke's Children's Pavilion
- (3) The Afton 2
- (4) SkyWest Maintenance Hangar Oklahoma (w/Foam Test)
- (5) The Broadway Mixed Use - Idaho Falls, Idaho
- (6) Suez Sunset Peak Water Reservoir
- (7) Episciences Office/Manufacturing Facility
- (8) Animal Shelter of the Wood River Valley - Hailey, Idaho
- (9) NewCold Cold Storage Facility
- (10) Langley Gulch Water System Improvements
- (11) BSU Micron Center for Material Research
- (12) Argyros Performing Arts Center - Ketchum, Idaho



The Peak Grabbers

Torry Jr. and Steve Tracey have made it a goal to hike to the highest peak in each of the lower 50 States. Most recently, these "Peak Grabbers" (as Jr. has named them) took on Kings Peak in Utah at an elevation of 13,850 ft. The one day trip covered 26 miles round trip and took about 10 hours to complete.



First Annual Bilingual Expo at the Nampa Civic Center

Nampa, Idaho - McAlvain participated in the First Annual Bilingual Recruitment Expo presented by the Idaho Hispanic Chamber of Commerce. Thank you to Paola Eldridge, Julian Lopez and Brian Burford for representing McAlvain at the Expo!

We were able to support the Chamber and establish relationships and network with other vendors within the Hispanic community.



Opioids vs Non-opioids



The main difference between opioids and non-opioids is in the way they produce their analgesic or pain-relieving effects. Opioids reduce pain by working on special pain receptors in the nervous system, mostly focused in the brain and spinal cord. Non-opioids, however, work more directly on injured body tissues. Non-opioid painkillers are as effective as opioids in treating moderate to severe chronic back pain and hip or knee osteoarthritis pain, according to researchers from the Minneapolis Veterans Affairs Health Care System.

The researchers examined 234 patients who were randomly assigned generic versions of opioids or non-opioids for one year. The opioids tested included Vicodin, oxycodone and fentanyl patches, while non-opioids included acetaminophen, ibuprofen and prescription medication for nerve or muscle pain.

Findings showed that, after a year, opioids worked no better than non-opioids at improving pain – and even provided slightly less pain relief. Lead study author Erin Krebs believes the results will surprise many. “Opioids have this reputation as being really powerful painkillers, and that is not what we found,” Krebs said in a March 6 press release.

More than 42,000 Americans died from opioid-related overdoses in 2016, with 40 percent involving prescription painkillers, the Centers for Disease Control and Prevention states. It is important to discuss the use of these medications with your doctor as they may have dangerous interactions with other prescription medications or cause dangerous side effects for some people.



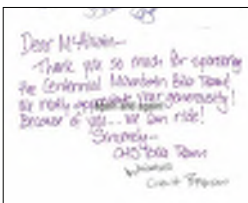
Welcome Back, Kiki!

We are excited to have Kiki Sam back with us as part of our team! Kiki has returned to McAlvain after a taking a two year break from work to focus on her family. Kiki is currently serving as an Assistant Project Manager on the Animal Shelter of the Wood River Valley and Millenkamp Dairy projects.



Supporting the Community

McAlvain Companies takes great pride in building strong communities. Recent support has gone out to the Boise State Women's Lacrosse, Boise State COBE Golf Tournament, Centennial Mountain Bike Team, Kuna High Football, Animal Shelter of the Wood River Valley Dog Day's, Meridian 9U All-Stars, Team GTS 11U, E Boise 10U Girls All-Stars and Magic Valley Youth Soccer.



McAlvain Celebrates Bring Your Kids to Work Day

Thank you to all those who helped plan and make McAlvain's 2018 Bring Your Kids to Work Day a success! Special thanks to Edge Construction Supply for donating hard hats & gloves and Idaho Materials and Construction for donating concrete!