



# INTERSECTIONS

Intersections is published by Barriere Construction Company, LLC

Spring 2010/6



## SOUTH SHORE ASPHALT

by Huey Whitman,  
Project Manager

### South Shore Asphalt's I-10 Project Wins Eagle Award

The recently-completed project on Interstate 10 was announced as the ABC Eagle Award winner in the infrastructure/heavy category at the 20th Annual National Excellence in Construction Awards program, held on February 4, 2010, in San Diego, California. Only one Eagle Award is given in each category, making this project the best of the entries nationwide. Division Manager, Matthew Woods, accepted the award on Barriere's behalf.

The \$17.4 million project was located in Eastern New Orleans, from Paris Road, for 4.45 miles east, to CSLM 21.24. 130,000 tons of asphalt were installed in four lifts to raise the roadway elevation 6 to 9 inches.

The Barriere and DOTD project team established the following goals prior to beginning construction:

- Zero OSHA recordables or lost time accidents;
- Zero traffic accidents caused by construction methods;

- Build a quality award winning project that would well serve the taxpayer;
- Bring the project in on time and on budget.

All of the objectives were met; Barriere worked 22,900 man hours on the project, with no OSHA recordables, restricted days, or lost time accidents. There were also no traffic accidents caused by the construction methods. The project was completed in less than 50% of the allowable contract time and is eligible for all quality incentive bonuses. The IRI (International Roughness Index) specified for this roadway was less than 55, and the end result was an average of 32. The IRI is a measurement of a roadway's smoothness.

In addition to the Eagle Award, this project won a National Asphalt Paving Association Quality in Construction Award and is eligible for the Sheldon G. Hayes Award next year. Barriere was also awarded the local ABC Bayou Gold Merit Award for the project.

The Barriere project management team consisted of Huey Whitman, Gary Whittom, Alex Morales, Steve Griffin, Tate Gisclair, and Edmond "Bucky" Zeringue.

Tate Gisclair's asphalt paving team consisted of Henry Dumas, Christian Garrison, Willie Hargrave, Sam Hester, Willie Jackson, Benjamin Beverly, Brandon Beverly,

Albert Sims, Ricky Stipe, Leroy Ussin, John Wilson, Lynn Campbell, Theron Campbell, and Travis Campbell.

Bucky Zeringue's crew team was compiled of Benjamin Davis, Matthew Fitzner, Gregory Jones, Willie Lloyd, Lucas Alexander, Kevin Marshall, Earl Thomas, Claude Williams, and Troy Cameron.

Additional support was provided by Brad Clulee, Jeff Heitkemper, Julio Contreras, Ray Duffel, and Rick Crochet.

The South Shore Asphalt team is proud to be a part of this award-winning project.



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Matthew Woods, Division Manager, accepts the Eagle Award from Jim Elmer, 2010 ABC National Board Chair, in San Diego.



## INTERSECTIONS

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# LETTER OF PRAISE

## The UPS Store

70380 Highway 21  
Suite 2  
Covington, LA 70433  
985-875-0900 Tel  
985-875-9999 Fax

November 10, 2009

## Barriere Construction Company

407 C. C. Road  
Franklinton, LA 70438  
Attention: Mr. Jim Breland

### Dear Mr. Breland:

I would like to commend your company for the fine work performed on Lee Road (Hwy. 437).

I have an extensive construction background and also I am a resident which resides directly off of "Lee Road". I was grateful that the project was professionally handled, executed in a timely manner, and was done during the evening hours to help avoid delays to all residents, businesses, and general traffic traveling daily on this road.

The overall quality of the end product is great, and I have had many neighbors and business associates comment on how well this project was executed.

Having a construction background for many years for Cajun Contractors, Inc., in the Dallas/Fort Worth area, I know you do not often get letters of praise for your work. I just thought it would be a nice change

for all involved.

I have a business on Highway 21 and look forward to your company executing the finishing of that project in the same manner as the "Lee Road" project was handled.

Once again, thank you very much for all your work and consideration to the general public.

Regards,

Karen S. Anderson,  
Manager



North Shore Asphalt's plant on C.C. Road in Washington Parish.

## SAVE THE DATE

**Saturday, April 17, 2010**

Audubon Zoo - Corporate Picnic Pavilion  
Barriere Construction Company's  
21st Annual Safety and Health Extravaganza!  
Food! \* Fun! \* Prizes!  
Safety Award Truck Giveaway

(Employee must be present at time of drawing to win)

Registration from 10:00 a.m. to 12:00 noon

Invitations with Admittance Tickets will soon be mailed to your home address. Family members (or guests) must accompany employee at time of registration.

More information to come.





# PRESIDENT'S MESSAGE

by Peter A. Wilson, President, North Shore Divisions

## A Winning Season

Who Dat! What a great time to be a part of the greater New Orleans community! In all my fifty or so years, I have never felt such positive energy and optimism among the citizens of this region. With the Saints' victory in the Super Bowl, a large and successful Mardi Gras season, and the prospect of new leadership in the Mayor's office, the future is looking bright for New Orleans.

Once the excitement of the Super Bowl started to die down, I realized that Barriere has a winning team and is enjoying a "winning season" as well. We have dedicated employees, who, every day, approach their job responsibilities with the

same commitment and enthusiasm that we saw throughout the football season and the playoffs from the Saints. Each member of the crew--operators, foremen, office staff, and all employees--has a position to play in the common goal of building high-quality projects. Learning the playbook, through training and communication, is as important on the job as it is on the field. Workplace safety has always been a top priority at Barriere. If too many employees are on "injured reserve", the job cannot be built to the high standards that we set for our company. Jobsite safety, for our employees as well as the driving public, should be on our playlist every day.

We have a company of people, just like Brees and Sharper and other Saints' players, who step up and make a

difference, whether it is on the jobsite or in the office. Our employees want to be associated with a great construction company, not just an ordinary company. This requires team work, sacrifice, and dedication. If Marcus Colston drops the ball one too many times on a down and out pattern, he has to repeat his performance steps until he can successfully complete his job. Employees at Barriere do the same thing. We all share the common goal of safely building high-quality projects that we are proud of.

At Barriere, we are proud of our team. Through hard work, commitment, and sometimes long hours on the practice field, we are building our own "winning season".



**Great News:** The Greater New Orleans Business Roundtable has awarded Barriere Construction Co., L.L.C., its Top Award for Excellence in Construction for 2009 for the South Shore Construction Division's Tidewater Road Project in Venice, Louisiana, in Plaquemines Parish.



Pictured from Left to Right: Robert Nockton, Linfield Hunter & Junius Engineers, Project Designer; Ricky Dantin, Barriere Construction, Project Manager; Frank Newell, Linfield, Hunter & Junius, Project Manager and Vice-President.

## IN MEMORY OF...

Mr. Larry Wayne Beard, an employee of Barriere Construction Co., L.L.C., for 24 years, passed away on February 24, 2010, at his residence in Hammond, Louisiana, after a brief illness. Larry was born on May 27, 1942, in Cleveland, Tennessee, and he worked as a Surveyor in Barriere's South Shore Construction Division.

Larry is survived by his wife, Jane Perrin Beard; 3 sons, Anthony Beard, Michael Beard, and Billy Ray Beard; 1 step-son, Johnny Montejo; 2 daughters, Tammy Beard and Laurie Parnell; 1 step-daughter, Jessica Crasto; 6 grandchildren;

and 1 sister, Linda Norrell. His wife, Jane, was employed by Barriere from 1989-2005, and his son, Billy, has been working for Barriere since 2006. Larry's son, Anthony, was the first recipient of the Betty A. Wilson Education and Safety Scholarship, which was awarded to Anthony for the 1995-1996 school year.

Larry was a good man and a dedicated employee, who will be sadly missed by his family and many friends.



# NORTH SHORE CONSTRUCTION DIVISION

By Doug Olson,  
Division Manager

## Highway 1088 and Interstate 12 Interchange

The Louisiana Department of Transportation and Development selected Barriere to construct a new interchange, between Highway 1088 and Interstate 12, in St. Tammany Parish. One of the many challenges in this project was to construct a 16' deep, double-barrel 72" pipe and a 9' deep, four-barrel 54" pipe, crossing Highway 1088, while maintaining traffic to Lakeshore High School. A complete road closure would necessitate a 23-mile detour for the students and the teachers.

Working with Principal Brennan McCurley, from Lakeshore High School, it was determined that we could have a complete road closure during the Mardi Gras holiday. Together with Principal McCurley and the LDOTD, we communicated the upcoming closure to the students, parents, local residents, and the traveling public. Preparatory work began the week before, when we received all of our materials and assembled two slide rail systems. The road was closed early Saturday morning, February 13. A.J. Cancelli's crew, using a CAT 345 Excavator and a CAT 336 Excavator, installed the slide rail system and dug the trench, 16' deep by 22' wide, and laid the double-barrel 72" pipe. Nick Couch's crew used a CAT 330 Excavator to install the slide rail system, dug the trench, 9' deep and 35' wide, and laid the four-barrel 54" pipe. This project

also included over 200,000 cubic yards of earthwork, 70,000 square yards of soil cement base course, and 36,000 tons of Hot Mix Asphalt.

*"Our crews worked continuously until the road was open, in time for school to resume."*

Our crews worked continuously until the road was open, in time for school to resume. Special thanks to A.J. and Nick's crews, for working safely through the holiday and making sure we finished on time.



[top] Installing 72" concrete pipe across Hwy. 1088.

[bottom] A.J.'s crew, installing the slide rail shoring system on the LA 1088 Interchange Project.



## UP THE LADDER...

### MOVING UP!

**Eddie Cruse** - Leadman - Pipe Crew -  
Promoted to Foreman, South Shore  
Construction

**Oran "Colt" McElveen** - Operator -  
Promoted to Foreman, North Shore  
Asphalt

### NEW HIRES!

**Brandon Hickman** - Craftsman,  
North Shore Asphalt

**Joshua Pounds** - Craftsman,  
North Shore Asphalt

**Christian Zito** - Craftsman,  
North Shore Asphalt

**Justin Benton** - Craftsman,  
South Shore Asphalt

**Norlin Taylor** - Operator,  
South Shore Asphalt

**Michael Alombro** - Craftsman,  
South Shore Asphalt

**Erin Cantrelle** - Clerical,  
South Shore Asphalt

**Hermenegildo Vega** - Cement Finisher,  
North Shore Construction

**Ronald Ledet** - Plant Operator,  
Boutte Plant

### WELCOME BACK!

**Justin White** - 2009 Summer Intern -  
Hired as Field Engineer, South Shore  
Asphalt

**Kyron Lyons** - Operator,  
South Shore Asphalt

**Robert Thornton** - Craftsman,  
South Shore Asphalt

**Juan Rangel** - Craftsman,  
South Shore Construction

South Shore Construction has had a slow start in 2010, with effects of the recession hitting our division. With increased competition from large, outside companies acquiring work in our area and other usual competitors in need of work, our backlog has decreased. On a positive note, we have some big projects on the horizon and have all of our crews back at work, as of the beginning of March.

Our Huey P. Long project has expanded to the Eastbank, and we now have crews working on both sides of the river, simultaneously. Jason Bergeron, Craig Clark, and Jerry Pignoli and crews are working on drainage, water, sewer, and roadway work on the Westbank and drainage work on the Eastbank. The Harvey Blvd. project is on schedule, with our subcontractor, Shavers-Whittle, near completion in construction of the two bridges across the Outfall Canal, linking Jefferson Parish and Plaquemines Parish. The road construction and paving on both sides are also nearing the final phase of work. Danny Cruse and crew, along with Eddie Cruse and crew, have been working at Harvey Blvd. and on the LA 18 road-widening project. Our structural crews, led by Craig Babin and Junior Ballard, are back to work at IMTT, constructing a new pipe rack, and are gearing up for our new General DeGaulle drainage improvements project, in Algiers. This \$20 million project will increase the



drainage capacity of the General DeGaulle canal at six locations and provide new roadwork at six intersections, as well. This project will be going strong in April and will take approximately two years to complete. Randy Sikes and crew have been working on the Plaquemines Parish Maintenance Contract on several different streets in the Parish and on miscellaneous concrete work on Jefferson Hwy. for South Shore Asphalt.

Robert Johnson and Noland Sharpe have their concrete crews replacing curb on LA 23 for South Shore Asphalt and Cesar Fonseca, Keith Scott, and crews are continuing work on our Submerged Roads projects on Harrison Avenue and in St. Bernard Parish with concrete panel replacements. David McDaniel has his base crew working on Submerged Roads as well, digging out panels and installing the base work for the new concrete panels. On the private front, Tommy Huff and crew are constructing a new parking lot

on the Westbank at Ochsner Hospital on LA 23, and Steve Navarre and crew have started work at the Reggie Wayne family entertainment center in Marrero. The 58,000 square foot complex, naturally named Wayne's World, will feature a bowling alley, a two-story, laser tag facility, a video arcade, and a restaurant. Barriere is providing site work, drainage, water, and sewer construction, and a building pad, as a subcontractor to Brice Construction for the project.

With our slow start in 2010, South Shore Construction is working hard to eliminate waste and work more efficiently, with a large focus on equipment utilization and reducing our current equipment cost by 10% in 2010. We will achieve our goal with improvement and increase in our communication regarding equipment needs throughout our division, and through the planning and scheduling of our work.

## MANAGEMENT CORNER

### The Intersection of Leadership and Vision

*The following is the first of an occasional series meant to support the ongoing growth and development of our people.*

#### Delegation - A Key Management Competency

Delegation is the assignment of a specific task or project by one person to another and the commitment by that person to complete the task or project.

Effective delegation lets managers spend less time doing, and more time identifying and planning work.

#### Ten Key Steps to Successful Delegation:

- 1. Define the task**— Confirm that the task is suitable for delegating.
- 2. Select the individual**— What are your reasons for selecting this employee?
- 3. Assess ability**— Does the person have the skill to be successful?
- 4. Explain**— Talk about why the employee was given this task and where it fits in the overall scheme of things.
- 5. State required results**— Let the employee know up front how you will determine success.
- 6. Identify required resources**— Discuss and agree on resources required.

**7. Agree on schedule**— Establish milestones and review progress.

**8. Support and communicate**— Alert the individual to any unusual matters of which he or she should be aware.

**9. Give feedback**— Providing timely feedback on results is essential.

**10. Repeat the process**— Engage employees in more challenging work.

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# NORTH SHORE ASPHALT

by Jim Breland,  
Division Manager

## North Shore Asphalt Adds Cold Milling Machine to its Fleet

The North Shore Asphalt Division has purchased a Roadtec RX-500 four-track Cold Planer and plans to put it into service in mid-March 2010. The North Shore Asphalt Division will utilize the machine within the division to self-perform cold milling needs. It will also be available to the other divisions to perform milling items, as needed.

We have seen a major swing in our market regarding the scope of work and design of rural highways. The trend last year, and to date in 2010, seems to be moving away from removing all existing asphalt and performing soil cement stabilization work and moving towards cold milling 1½” to 2” of the existing surface and overlaying asphalt from that point. We feel that owning and operating our own milling machine will make us more competitive and help us control our work schedule. It will also allow us to get creative and use the machine for specific scopes of work, such as asphalt patching and pre-mixing for cement stabilization. It is our expectation that the machine will help us retain more recycled asphalt to put back into our hot mix designs, which creates value for our customers and keeps

Barriere at the forefront of the “Green Environment Movement”.

The Roadtec RX-500 has a 630-HP engine with 32” primary and secondary conveyors. The cutting drum is a Kennametal system, 7’2” in width, with quick change holders, and it can cut up to 13” in depth. The machine is equipped with a MOBA non-contact grade control system, which will allow it to cut slope and specific grade variations, when needed. The drum is a VCS (Variable Cutting System) drum, which allows the swapping of the drum to smaller drum sizes to accommodate specific scopes of work.

We look forward to the cold milling

machine becoming part of our everyday operations in North Shore Asphalt and we are confident this will make us a better contractor in the future.

On another note, we are proud to announce that Colt McElveen has been promoted to Foreman and will be in charge of the milling crew, under the leadership of General Superintendent, Bud Clay. Colt has been an integral part of the North Shore Asphalt team for the past six years, and I feel certain he will do a great job in his new duties.

Brett Todd, Bud Clay, and  
Colt McElveen.



## REDS... REDS... AND MORE REDS!!!

Barriere South Shore Construction Project Manager, Rene Duplantis, costumed as a Louisiana fisherman on a cold Mardi Gras morning in the Bayou Dularge area, near Houma. His ‘float’ was a 19’ Frontier Center Console. His parade started (launched) at Jug’s Marina. Instead of beads and trinkets, Rene caught an ice chest full of Red Fish... which he did not share with his co-workers.

“Freezing start today, but at least I didn’t have to drive. Fished with my buddy, Brandon, and his buddy, Rene. The goal was to hammer the reds and that is just what we did. The early morning bite consisted of a lot of lathargic rat reds.

We caught 12 rat reds before we finally caught one that hit the cooler. Ended the day with our 3-man limit of 15 reds and caught another 25-30 rat reds. The bigger fish turned on as the water warmed a bit. The two baits that did the damage were the glow gulp shrimp on a 0.25oz chartreuse jig head and the blue tsunami swim bait, fished real slow on the bottom. Thanks for the great time, fellas!”

Source: [www.louisianasportsman.com](http://www.louisianasportsman.com)



[Right] Rene, with a nice one!

# MILEAGE TRACKING ON YOUR IPHONE

by Heath Wahden,  
Financial Controller

Having trouble keeping track of the miles for your personal vehicle? Do you have an iPhone? If you answered yes to both of these questions, there is an iPhone application called "MileBug Pro" that will solve your mileage reporting problems.

The app has an easy entry interface that will let you enter your starting miles for your trip, your ending miles, and compute the total miles for the trip. For each trip, you can also add notes to help you remember your starting and ending points. The other great feature about the application is that it will email you a mileage report, based on the date range you input. From the emailed report, you can cut and paste it into Excel, if you need to modify it, and then send it in to meet the reporting deadlines.

You can find the app in the Apple App Store on your phone by searching for "MileBug Pro" or going on-line to [www.milebug.com](http://www.milebug.com).



Two screen shots of the "MileBug Pro" iPhone Application

## DISTRACTED DRIVING

As of January 26, 2010, there is a federal ban on texting while driving for all commercial trucks and buses. The commercial motor vehicle drivers affected by the new laws are those that drive in interstate commerce to transport passengers or property when the vehicle has a gross vehicle weight rating or gross combination weight of 10,001 pounds or more, or is used in transporting hazardous materials in a quantity requiring placarding under federal regulations. Truck and bus drivers who text while driving commercial vehicles may be subject to civil or criminal penalties of up to \$2,750.

The Federal Motor Carrier Safety Administration (FMCSA) research shows that drivers who send and receive text

***“Drivers who text while driving are more than 20 times more likely to get in an accident than non-distracted drivers.”***

messages take their eyes off the road for an average of 4.6 seconds out of every 6 seconds while texting. At 55 miles per hour, this means that the driver is traveling the length of a football field, including the end zones, without looking at the road. Drivers who text while driving are more than 20 times more likely to get in an accident than non-distracted drivers.

Louisiana has already banned cell phone use for novice drivers (those with learning permits) and school bus drivers, while other states ban cell phone use in school zones and construction sites. Louisiana State Law RS 32:300.5 bans texting for all drivers of any vehicle; this includes writing, sending, or reading a text message. If you are ticketed for a violation of these new cell phone laws in Louisiana, the fine for text messaging while driving is \$175 for the first offense and \$500 for each offense after that. The fine doubles if the offending driver is involved in an accident while text messaging.

Louisiana's total reported traffic fatalities in 2010 have already reached 78 and possibly more by the time you read this.

by Paul Albrecht,  
Safety Director

It is important to stay in contact with our family and friends, but it should never be at the cost of anyone's safety. Let's make sure that you and your family are traveling safely on our roads and highways.

For up-to-date information, please visit [distraction.gov](http://distraction.gov) and/or [lahighwaysafety.org](http://lahighwaysafety.org)



# REDUCING GREENHOUSE GASES IN THE CONSTRUCTION SECTOR

By Pat Klaman,  
TPR Coordinator

At Barriere, we are working to become a “greener” company and a better corporate citizen. Please take the time to read this information and see how you and Barriere, together, can help reduce greenhouse gases.

Greenhouse gasses associated with construction are: Fossil Fuels (76%), and Purchased Electricity (31%).

In 2002, the construction industry produced 6% of the total U.S. industrial-related greenhouse gas emissions; this quantity places construction as one of the top 3 emitting sectors. In 2007, the Environmental Protection Agency (EPA) reported a reduction of greenhouse gases to less than 0.95 percent for the construction sector, with a .75 percent reduction.

## Conserving Electricity

Electricity is used to power central offices, and, on construction sites, to power site lighting, trailers, and tools. The EPA suggests that an 8% electricity reduction is possible, simply from switching lighting options, such as replacing incandescent light bulbs with compact fluorescent lights. Remember, also, to turn off lights when they are not being used!

## Recycling

Waste from new construction, renovations, and demolition projects generate 25% of the total U.S. solid waste volume. Energy is expended and GHGs are released during the manufacturing and transportation of construction materials. When materials are reused or recycled, the associated



- Turn off your computer when not in use; use “power management” settings to turn off your monitor.
- Avoid using coffee makers that have continuous “ON” heating elements.
- Set your thermostat to 78°F or warmer for cooling, and 68°F or cooler for heating.
- No more bottled water. Every hour, Americans throw away 2.5 million plastic bottles.

*The following references were used for this article:*

<http://www.epa.gov/sectors/pdf/construction-sector-report.pdf>

<http://www.roanokeoutside.com/get-involved/get-green/tips>

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*“Idling reductions can also reduce longer-term equipment costs; each hour of idling eliminated can save as much as 2 hours of engine life.”*

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## Reduce Idling

To achieve improvements in fuel efficiency and realize reduction in greenhouse gas (GHG) emissions, reducing equipment idling time and improved maintenance practices are necessary. Reducing idle time by 10% sector-wide would reduce emissions by 6.73 million metric tons of carbon dioxide. Idling reductions can also reduce longer-term equipment costs; each hour of idling eliminated can save as much as 2 hours of engine life. Properly sizing equipment for projects can also provide fuel savings and reductions in greenhouse gases. Improperly inflated tires and wheel alignment increases tire resistance, and the increased resistance requires more fuel to move the vehicle. Regulations restricting idling were in place in almost half the states, as of July 2008. These regulations vary by state, county, or city, but typically restrict idling to 3-10 minutes. Barriere is currently monitoring on-road truck drivers and idling practices.

emission that would have occurred during the virgin material manufacturing are avoided. Recycling is the process of reprocessing or reforming used materials into new products, while reuse is the process of using a recovered, previously-used product instead of a new product. For example, two-thirds of recovered asphalt is used for new asphalt hot mixes, and one-third is used as sub-base materials for paved roads. In practice, only asphalt, steel, metals, and concrete have been recycled or reused in significant volumes in the United States. Check with your supervisor to see what materials on your projects can be reused before you throw them in the trash!

**Note:** 80% of asphalt is recovered annually, which converts to 139 million tons of asphalt and a reduction of 4,170,000 metric tons of carbon dioxide emissions.

What can we do as individuals to decrease greenhouse gases?

- Always turn off anything and everything that is not in use. This includes pick-up trucks, excavators, dozers, brooms, pumps, generators, etc.

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*Waste from new construction, renovations, and demolition projects generate 25% of the total U.S. solid waste volume. Energy is expended and GHGs are released during the manufacturing and transportation of construction materials.*

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# BARRIERE CONSTRUCTION LOW BIDDER ON AREA'S MOST EXPENSIVE PROJECT

by CityBusiness staff reports

November 19, 2009

BATON ROUGE — Metairie-based Barriere Construction Co. was the apparent low bidder on the most expensive job in the New Orleans area at the Louisiana Department of Transportation and Development's October 28 bid letting. The \$3.8 million job includes asphalt overlay, pavement patching, and related work on Louisiana Highway 23, from U.S. Highway 90-B to Lapalco Boulevard in Jefferson Parish. Other low bidders on area projects included: a \$1.4 million job by St. Rose-based Thigpen

Construction Co. for asphalt overlay work and installing a concrete slab span bridge on Harrison Avenue over Bayou St. John in Orleans Parish; a \$2.1 million job by Baton Rouge-based Grady Crawford Construction Co. for electrical, mechanical, and structural repairs to the Belle Chasse tunnel on Louisiana Highway 23 in Plaquemines Parish; and a \$2.9 million projects by Scott-based American Contractor and Technology Inc. for dewatering, lighting repairs, and structural steel repairs at the Ostrica Locks facility in Plaquemines Parish. With a bid of \$16.1 million, Alexandria-

based Gilchrist Construction Co. was the low bidder on the most expensive job let statewide for a project in Iberia Parish, which includes installing drainage pipe, asphalt overlay, installing a concrete slab span bridge, installing a movable bridge, and related work to replace two bridges on Louisiana Highway 83 at Weeks Island. The DOTD considered bids totaling more than \$39 million at the public bid opening.

[www.neworleanscitybusiness.com](http://www.neworleanscitybusiness.com)



## SEVEN HEALTHY HABITS TO FORM

by Marie Beechy, RN

### 1. Eat Breakfast Every Morning

Studies show that people who eat a healthy breakfast on a daily basis are less likely to be obese, have better cholesterol numbers, and are less likely to get diabetes. You should focus on a high fiber, high-protein breakfast, with minimal fat.

### 2. Add Omega-3 Fatty Acids and Fish Oil to Your Diet

Eating fish 2 times a week can greatly reduce your chances of getting heart disease. These "healthy fats" and oils help rid the body of extra cholesterol and maintain clearer arteries.

### 3. Get Enough Sleep

An average adult should be getting at least 6-8 hours of uninterrupted sleep every night.

Good rest allows a person to be more alert and have better emotional and mental health.

### 4. Make Social Connections

Having friends and social activities to take part in is vital in having an emotionally healthy life. Everyone needs to have a sense of belonging and connection in their life.

### 5. Exercise

Regular exercise improves the physical health, as well as the emotional health of a person. People who exercise 3 times a week for 30 minutes a day are less likely to be overweight, have high blood pressure or diabetes, or die young.

### 6. Protect Your Skin

Our skin is our first line of defense. If you have to be out in the sun between the hours of 10:00 a.m. and 3:00 p.m., wear a 30+ SPF sunscreen to protect your skin from sun damage.

### 7. Drink Lots of Water

The body has to have water to function. You should drink at least 64 ounces of water daily to meet the needs of your body. Good hydration means good liver and kidney function, increased energy, and better digestion.

Following these 7 simple tips will lead to a healthier, longer, and more fulfilled life.

*(Some information taken from [www.webmd.com](http://www.webmd.com))*

## Weight-Loss Success Story

by Marie Beechy, RN

Often I hear from the employees at Barriere that time is the biggest issue preventing them from losing weight. I recently talked to Craig Clark, Foreman in the South Shore Construction Division. His story proves that anyone can lose weight, if they make it a priority.

In October, Craig took a huge step and joined a local gym. He started meeting with a personal trainer and focusing on weight loss. He began going to the gym 4 times a week, for 2 hours at a time. Despite the hectic work schedules and long days, he managed to get his workouts in and lost over 30 pounds in three months.

Craig says, "I look forward to going to the gym. Sometimes it's 9:30 or 10:00 at night, but I still go." He continues to meet with his personal trainer twice a month to keep him on course. His gym time has decreased to a little over an hour a day, but the intensity has increased. Together with healthier eating habits and continued exercise, Craig has met some big goals.

Craig is living proof that you can make weight loss an attainable goal. Take the time to set your goal weight today. Make a weight loss plan and stick to it, even when it gets hard. Losing that extra weight can be the first step to a longer, healthier life.



BEFORE



AFTER

# TAX TIPS

by Charles W. Cassreino, Jr.,  
CPA, Director of Tax

It is tax time again and, as everyone, you likely want to keep your tax bill as low as possible. Here are some additional tips that, when added to the things I have discussed in past issues, should help you to minimize your taxes.



## Federal Earned Income Tax Credit

You may qualify for the Earned Income Tax Credit, or EITC, if you worked last year, but did not earn a lot of money.

EITC is a refundable tax credit, meaning you could qualify for a tax refund, even if you did not have Federal income tax withheld.

To qualify for the credit, you must:

- Have a valid Social Security Number (if you are filing a joint return, your spouse also must have a valid Social Security Number);
- Have earned income from employment or from self-employment;
- Have a filing status other than married, filing separately;
- Be a U.S. citizen or resident alien all year, or a nonresident alien married to a U.S. citizen or resident alien and filing a joint return;
- Not be a qualifying child of another person (if you are filing a joint return, your spouse also can not be a qualifying person);
- Not have investment income over a certain amount;
- Not file Form 2555 or 2555-EZ (related to foreign earned income), and
- Have a qualifying child OR:
  - be age 25 but under 65 at the end of the year;
  - live in the United States for more than half the year; and,
  - not qualify as a dependent of another person.

If you qualify, the amount of your EITC will depend on your filing status, whether

you have children, the number of children you have, and the amount of your wages and income last year.

For more information or to see if you qualify, go to [www.irs.gov/eitc](http://www.irs.gov/eitc) or call 1-800-829-3676 and request Publication 596, Earned Income Credit.

## Louisiana Earned Income Tax Credit

Louisiana also has an Earned Income Tax Credit. It is available to Louisiana residents who claim the Federal Earned Income Tax Credit. The Louisiana earned income credit is equal to 3.5 percent of the Federal EITC. For 2009, the maximum Federal credit is \$5,657, which makes the maximum Louisiana credit \$198, depending on such factors as your filing status, income level, and number of children you claim as dependents.

Eligible Louisiana residents can claim the State Earned Income Credit on Line 21 of the Louisiana Resident Individual Income Tax Return (Form IT-540) in the section titled "Refundable Tax Credits."

## Louisiana School Tuition and Expense Tax Deduction

For 2009, you can deduct 50%, but not more than \$5,000, of the following expenses per child.

- Tuition, curricula, uniforms, textbooks and supplies if the child attends a nonpublic elementary or secondary school (Kindergarten through 12th Grade). The school must be a qualified tax-exempt organization under Section 501(c) (3) of the Internal Revenue Code, which most private schools are.
- Textbooks and curricula necessary for home-schooling.
- Purchases of uniforms, textbooks, curricula and supplies if the child attends a public school.

The deduction is claimed on Schedule E of the Louisiana Resident Income Tax Return, Form IT-540.

## Savings Bonds

Starting in January 2010, you can buy Series I U.S. Savings Bonds with a portion or all of your tax refund. Issued by the Department of the Treasury, Series I bonds are low-risk bonds that grow in value for up to 30 years. While you own them, they earn interest and protect you from inflation.

## Buying savings bonds with your tax refund is simple and easy.

Just tell your tax preparer you want to buy savings bonds with part or all of your refund! If you prepare your own return, file Form 8888, Direct Deposit of Refund to More Than One Account. The instructions explain what you need to do.

In any single calendar year, you can purchase up to \$5,000 of I bonds under this program. If you purchase bonds with your tax refund, the amount you request must be divisible by 50. If you don't buy I bonds with 100 percent of your refund, you will need to have another account in which to deposit the remaining amount of your refund. For example, if your refund is \$280; you can direct \$250 to I bonds and the \$30 balance to your savings account.

Paper bonds will be issued in your name.

When you purchase savings bonds with your tax refund, you will receive paper bonds, issued in your name. If you are married and filed a joint return, the bonds will be issued in your and your spouse's name. You cannot designate a beneficiary under this option.

## Your request will be processed in two parts.

**Part 1:** Generally, you will receive the bonds after you receive the remainder of your tax refund from the IRS. The IRS will process the portion of your refund that you are not using to buy savings bonds. This amount will be deposited into the account you designate. Go to "Where's My Refund?" or call 1-800-829-1954 to see if Part 1 is complete.

**Part 2:** The IRS will forward your request for Savings Bonds to the Treasury Retail Securities Site. It will take them up to three weeks to issue and send your bonds to you at the address on your tax return. You can call the Treasury Retail Securities Site at 1-800-245-2804 to check on the status of your bond issuance.

## More about savings bonds.

Series I bonds pay interest based on a combination of a fixed rate (currently .30%), which remains the same throughout the life of the Savings Bond, plus a semiannual inflation rate—currently 3.06%, which is updated each May and November.

The interest earned by purchasing and holding savings bonds is subject to Federal tax at the time the bonds are redeemed. However, interest earned on savings bonds is not taxable at the State or local level.

# KPTN RUNWAY OPENING

by Dawn D'Angelo,  
Project Manager/Estimator

## Letter From Engineer on the Patterson Airport Project

The Harry P. Williams Memorial Airport runway patch/rejuvenate/re-stripe project should be substantially complete tomorrow, Friday, November 13, 2009. The 30-day contract period ends on November 14, 2009, one day later. I will visit the site today, and a parish/state/engineer inspection will be scheduled for next week.

This project was a U. S. Government Stimulus Project that came up quickly and was processed in a highly-efficient manner. It will likely be recorded as one of the first ARRA (American Recovery and Reinvestment Act) projects completed in the U.S.

The runway milling-tack coat-asphalt patch-rejuvenation-crack seal-restripe project progressed as smoothly as I've seen a three-layered government contract move in 30 years of working with government contracts. It's been recognized as such in Fort Worth.

Had it not been for record October rainfall in Louisiana, the project would

have been completed sooner. However, because of the multi-step nature of the project and the timing of the rains, the project took the full time allocated to the project--which was only 30 days.

The contractors, Barriere Construction, and its subcontractors, American Consulting and Development Co. with Pavement Maintenance Unlimited (Warren Doussan and staff) and Eagle Airport Markings (Mark and Aaron Cole and staff), all performed in a most-efficient manner. Even so, it is apparent that some local airport users were not aware of the complexities of the multi-phased tasks of the project; the project's engineering specifications and other contract requirements; and the operations of asphalt manufacture, processing, and placement. A special thanks to Warren Doussan, who scheduled his crews far beyond the call of duty to work between other contractors on the site.

Congratulations to these contractors, the St. Mary Parish Government (Bo LaGrange and Camile Punch and their staffs), the DOTD Aviation Section

(especially Wade Troth and Allen Taylor), DOTD's Project Engineer in St. Mary Parish, Chris Lissard, and Construction Inspector, Carmen Granger, Justin Barker and Andy Velayos and the FAA staff in Ft. Worth, Glenn Thibodaux, of GT Services, Perry Flying Service, and the Project Engineer, Harshad Dave and his assistant, Christopher Grant, on a job well done.

I'd like to offer a special thank you to Ben Adams, Chairman of the HPW Airport Committee, for his calm and courteous demeanor, inquisitive approach, and understanding as to how and why the project progressed as it did.

While others not involved in the trenches on this project may not realize it, this project went remarkably smooth and was effected in an extremely timely and efficient manner. Though there may have been a temporary inconvenience to some, the project will result in long-term benefits to all.

Thanks to you all.

## SUMMER INTERNSHIP PROGRAM SPREADS

by Mary H. Naquin,  
Internship Program Coordinator

Wow! Word of Barriere Construction Company's Summer Internship Program has certainly gotten around, as the résumés have been pouring in! We have currently reviewed over 64 résumés for our 2010 Summer Internship Program, with résumés coming in from such places as Auburn University in Alabama, Catholic University of America in Washington, DC, University of Southern Mississippi, Mississippi State University, University of Central Florida, and University of Illinois, as well as from our local colleges and universities here in Southeast Louisiana. On March 5, 2010, we will be attending LSU's Construction Interviewing Day, where we will interview another 20 students who were selected from a list of an additional 42! And, we will hold our annual Intern Day on Friday, March 12, which at least 22 students are

already scheduled to attend, for a briefing about Barriere Construction Company and interviews with our current, full-time Field Engineers and Project Managers.

This year, Barriere will host a total of 13 interns. We will be making our final selections by mid-April, so it's not too late to submit résumés for our 2010 program. Qualified candidates are those sophomores, juniors, and seniors pursuing degrees in Construction Management, Civil Engineering, Construction Engineering Technology, and Occupational Safety, Health, and Environmental fields.

More information about Barriere's Summer Internship Program can be found on our

website at [www.barriere.com](http://www.barriere.com) and also on our internship program website at [www.barriereinterns.com](http://www.barriereinterns.com). Résumés can be e-mailed to me at [marnyn@barriere.com](mailto:marnyn@barriere.com) or faxed to 504-569-3289.





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## CELEBRATING BLACK & GOLD—BARRIERE STYLE

By Mary H. Naquin,  
HR Assistant

On September 13, 2009, in the first game of the regular season, the New Orleans Saints beat the Detroit Lions, 45-27. If you're a Saints' fan, you knew then that this year was going to be special. Eleven weeks and ten wins later, the Saints gave Tom Brady and the New England Patriots a Who Dat-Style whuppin', and you knew this was our year! Then came the Post-Season. First the Cardinals, then the Vikings, and on to Superbowl XLIV! Even if you're not a football fan, you couldn't help but get caught up in the euphoria that swept this city like nothing else ever has. The Saints were in the Superbowl for the first time in franchise history! And somehow, everyone in New Orleans, and the entire Who Dat Nation, knew the Saints would win! AND THEY DID--in a victorious 31-17 win over the Superbowl XLI champion Indianapolis Colts!!!

And do we know how to celebrate, or what?! Tailgating will never be the same. And nobody tailgates like our very own Darlene Martinez and her family. Darlene has been

with Barriere for over 15 years now and works as a Contract Administrator in our corporate office in Metairie.

Her family has been tailgating under the Claiborne overpass for many years, and Darlene has been a huge fan of the Boys in Black and Gold since... well, practically since she was born. On Thursday, February 4, 2010, in elated anticipation of the BIG GAME, the Metairie office was treated to a Black and Gold tailgate party, Barriere-style, and Darlene was in charge! And she laid it out in true Who Dat fashion, from the Saints' tableware to the Superbowl XLIV tablecloths. The menu consisted of hot dogs and chili, nachos and cheese, king cake, and a double-decker, Superbowl-decorated cookie cake! We enjoyed our Black and Gold feast, while Heath Wahden treated us to a replay of the highlights of the NFC Championship game against the Vikings.

Thank you, Darlene, for helping make this historic football season even more memorable!!!!



Darlene Martinez, setting up for the Superbowl Tailgate Luncheon at Barriere's Main Office.

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