



Left - Joe Raymond, Matewan Banks Manager - Logan/Boone Region. Inset - Matewan Banks Logan Triangle Office.

Renovations And Expansion A Plus For Matewan Banks

When Matewan Banks set out to renovate its Logan Triangle Office in Logan, West Virginia, they were prepared for the worst. The drive-thru would have to be temporarily closed and customers would be inconvenienced. Much to their surprise, everything went quite smoothly. There were no complaints from customers and the

renovations were completed on December 22, 1997, on budget and ahead of schedule. "Our working relationship with Pray

Construction was exceptional," said Joe Raymond, Matewan Banks Manager with the Logan/Boone Region.

"We are very pleased with the final outcome. We have received many favorable comments from our customers."

What exactly did Pray Construction do for Matewan Banks? Being a design-build

project, they did exactly what Matewan Banks requested. The existing entrance canopy and vestibule were removed and a 377 square-foot replacement was constructed. The existing drive-thru canopy was replaced by an 897 square-foot canopy. A new 480 square-foot addition was added that contains a conference room, a vault, an ATM drive up access, and an outside storage room.

The inside of the facility also got a face-lift. A customer service area, VCT for the breakroom and restroom, a proof room, new carpet, and paint were all added.

And what better way to top off the renovations than with a new roof!

PRAY
Construction Company
General Contractors • Design-Builders

P.O. Box 3778
Charleston, WV 25337

Bulk Rate
U.S. Postage
PAID
Marietta, OH
Permit No.161



CAMC's Sports Medicine Clinic Is Thriving After Five Months In Their New Facility

If a sports injury has restricted your lifestyle, there is hope for the future.

On August 13, 1997, Pray Construction Company broke ground on Charleston Area Medical Center's Sports Medicine Clinic, located in NorthGate office park in Charleston, West Virginia. It was built on a 125,000 square-foot piece of property directly across from Bone & Joint Surgeons, where many of the clinics' referrals originate. As general contractor of the project, Pray focused on meeting the construction deadline of February 1998.

Record time was achieved. On January 1, 1998, a permit to occupy was granted and on January 8, CAMC opened the doors to its new facility.

"I've never seen a clinic this nice or this extensive," said Shannon Snodgrass, Director.

With its oatmeal and taupe facade and large windows to let in the natural light, the

clinic has the feel of anything but a medical facility.

"It's away from the clinical atmosphere," said Dave Wallace, owner of Charlotte Realty, LLC, which built the multimillion dollar clinic.

There are numerous features worth noting. There is an airy entrance and reception area, lockers with dressing cubicles, and a large gym area. There are 17 soundproof exam rooms, a large classroom and an industrial area that will have ramps, tools, and a loading dock.

There is even a center devoted to the treatment of hands, as the clinic's work with hand injuries has multiplied.

The center features a 20-by-30 foot pool, perfect for water therapy and aquatic

classes.

"The biggest challenge was near the end of construction, working to meet our deadline," said Shandy Broom, Project Engineer. "But because this was such a well-managed project and our working relationship with the client was exceptional, we made it."

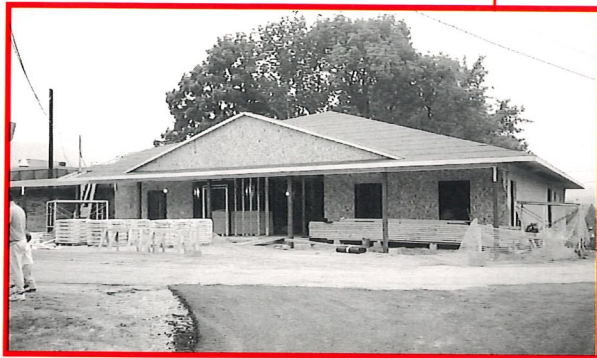


CAMC's Sports Medicine Center

Above: Shannon Snodgrass, Director of CAMC Sports Medicine Center, and Dave Wallace, member and manager of Charlotte Realty

Monroe Health Center Bigger And Better Than Ever

After five years of planning for an addition and trying to secure funding, the Monroe County Health Center located in Union, West Virginia, completed its expansion in February of this year.



Monroe Health Center
under construction

"Over the years, our programs and services have expanded tremendously. It's overwhelming to consider the medical needs we'll be able to meet now," said Shirley Neel, now retired, who served as administrator for twenty years.

Howard Stallard, the current administrator, is in complete agreement with her assessment. "Our growth shows what's going on," he said.

Pray Construction began work on the health center in May of 1997. The new 5,700 square-foot addition, adjacent to its current quarters, houses the entire medical operation, exam rooms, emergency room, x-ray rooms, medical laboratory, immuniza-

tion and treatment rooms, doctors' offices, and a waiting room.

The 10,000 square-foot of existing space was renovated to house an expanded dental area with a separate waiting area, an optometrist's office, the Department of Health and Human Resources, and the West Virginia University Extension Office.

"Since 1972, Monroe Health Center has undergone numerous renovations. Our experience with Pray Construction has been, by far, the most pleasant," said Ms. Neel.

"Everyone associated with the project, managers as well as laborers, was very professional and very organized."

Associate In The Spotlight: Jimmy Clark

Success in the construction business stems from teamwork, dedication, and trust with the people and partners with which you work. This issue of *Pray Today* would like to recognize **Jimmy Clark**, President of Rock Branch Mechanical.

Jim has been a friend of the company for many years. He often becomes involved with Pray's management during a project's early stages, and many times will head up the entire design-build effort for the mechanical system. Like Pray, Jim believes in aggressive service after the sale. He works diligently to insure the mechanical system is meeting or exceeding the customer's expectations.

Jim is a graduate of Virginia Polytechnic Institute and is a registered professional engineer in the state of West Virginia.

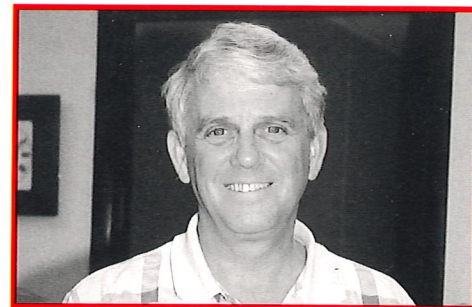
Formerly St. Albans Metal Works, Rock Branch Mechanical is a full service mechanical contractor offering design, installation and service for the residential, commercial, and industrial market. Jim

Pray Gets On Track With AGC

The Associated General Contractors of America held its 79th Annual Convention/Construction Exposition this year in New Orleans, LA. Three Pray employees attended this event-filled convention from March 11 through March 15.

Using a railroad theme this year, the AGC of America advised companies to "Get On Track" in regard to numerous business aspects, such as public relations and contractor licensing laws.

The exposition was very educational for John Jarrett, Mark Grigsby and Lois Gillenwater of Pray Construction. They returned with a wide array of information to benefit the company.



Jimmy Clark
President, Rock Branch Mechanical

acquired the company in 1973. Over the years he has worked on many projects with Pray Construction including Bowles Rice McDavid Graff & Love, Liberty High School, Sports Medicine, Catterton Group Offices, and the YMCA expansion.

Jim resides in Charleston with his wife, Sally. His daughter, Natalie, attends college and his son, Brandon, works for Rock Branch Mechanical.

All of us thank Jim for his years of service, and we appreciate his humility every year when West Virginia whoops up on Virginia Tech in football and basketball!

Flooring Options: Take Time To Consider What Is Under Foot

By Susan Farley, Interior Designer
Pray Construction Company

Floors come in a range of materials: wood, tile, stone, vinyl, granite, onyx and slate. Each has its own look and feel. Choosing the material that works best for you means asking yourself a few questions. How much activity takes place in the room? How much time do I want to put into cleaning and maintenance? The following is a description of the various characteristics of the different floor types to help you make your choice.

Wood floors can be purchased by the square foot and are available in strip, plank, or parquet patterns. A wide variety of woods can be found such as oak, teak, cherry, pine, and maple. Woods such as oak and maple are most commonly used due to their hardness. They are less likely to be dented and resist scratches better than softer woods such as pine. Wood is naturally beautiful and is easier on feet and legs than either tile or stone. The draw back to wooden floors is that they are vulnerable to water damage. Infrequent minor spills are not a problem, but in areas where continued exposure to water occurs, such as around a sink, the floor may warp and buckle.

Laminated flooring gives you the look of wood but with a higher level of durability. They come in a variety of wood stains as well as colors. Most laminated floors come with a 10-15 year warranty against warping, scratching, or staining.

Resilient flooring is what was once called linoleum. Most resilient floors are vinyls made with a moisture resilient backing that makes them suitable for kitchens and baths. They come in all prices, with the most expensive sometimes surpassing the price of ceramic tile. Vinyls are durable, easy on the feet, and very easy to maintain.

Ceramic tile comes in a variety of colors, finishes, and accent pieces. A great deal of thought should go into selecting ceramic tile. Once it is installed, the removal of the tile is very messy, often expensive, and

sometimes damaging to the floor surface underneath. But ceramic tile is one of the most durable flooring materials available.

Carpet still continues to be the most popular choice of homes and offices. It comes in a variety of colors, textures, and widths -- and can fit into any budget. Carpet offers great sound absorbency and often features a stain resistant treatment to help prevent staining and fading.

There are four major fiber types:

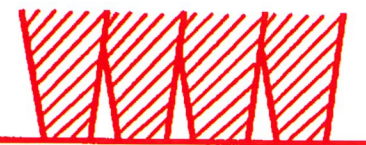
- Nylon, by far the most popular of all carpet fibers, accounts for over 60% of all carpet made today. Its high abrasion resistance, resiliency, and receptiveness to dyeing make nylon the most versatile of all carpet fibers.

- Olefin (or polypropylene) is not as durable as nylon, but it is nearly impossible to stain. Olefin performs best as a *loop* constructed carpet (such as a *berber*). A *cut* or *plush* olefin carpet will likely flatten quicker.

Two other features to consider are *density* and *thickness*. Density can often overcome any other shortcomings a carpet may have. For example, although nylon fibers are more resilient than olefin fibers, a short, super dense olefin carpet would outwear a *fluffy*,

low density nylon carpet. And although thickness is a measure of luxury, density is a better gauge of performance.

Carpet Texture



Textured Saxony and Multicolored Saxony - often called "trackless". Solid color or a "tweed" look. Surface like a velvet but with a rougher finish that helps to minimize sweeper marks and footprints



Berber - The looped construction offers durability and a unique look. Many berbers are patterned to give a high styled look.



Velvet - sometimes referred to as a "plush". They are most suited to formal areas.



Cut and Loop - often called "sculptures", because of the pattern formed in the face of the carpet by the looped areas.

Energy Tips for The Office

A single light doesn't use a lot of energy. But when you add up all of the lights in your home or office, and think about how long they are usually on during the month, it can really add up. Here are a few tips to help you save a few dollars.

1. Decorate in light colors. Dark colors absorb light, so you'll use more watts to light the room.
2. Let the sun shine in. Why use lights when you can use the sun? Open blinds and curtains during the day to take advantage of nature's light.

3. Dim the lights. Consider buying solid-state dimmer switches. They can increase bulb life while reducing electric consumption and cost.

4. Replace incandescents with compact fluorescents. Compared to regular light bulbs, compact fluorescent bulbs cost one-fourth to operate, last ten times longer, and use 75% less energy.

5. Lower the landscape lighting. Install low voltage lighting wherever possible. A string of 6 low voltage lights uses about 108 watts, compared to a single 150-watt flood light.