HICAPS Highlights
Providing a centralized approach to project management
Spring 2026

Building for Those Who Built Our Freedom

At HICAPS, we believe that honoring our Veterans goes beyond words. That's why we're proud to be part of a major renovation at the Guilford County Veterans Memorial in Country Park, Greensboro, NC.

On April 16, 2026, a decommissioned UH-1M "Huey" helicopter—a workhorse of the Vietnam War—was permanently installed at the memorial. The helicopter, which logged more than 3,100 service hours before being used for training in the U.S., is on permanent loan from the NC Vietnam Helicopter Pilots Association.

As a Veteran-owned company, HICAPS is managing the memorial's broader renovation, working alongside Lindsey Architecture, ASJ Wilson Construction, and C.P. Eakes Company (which built the helicopter's mounting). More than 90% of the work at the site is being performed by Greensboro-based companies, which is a point of local pride for HICAPS and the other companies.

The Huey installation is just one part of a larger transformation. The memorial suffered damage during a storm in August 2024, and the renovation has already added seven new flagpoles displaying the American flag and the flags of all armed service branches. Future plans include interactive kiosks to help visitors engage with the stories of Guilford County's Veterans.

"The end result is well worth it for not only the memorial but for the whole community to be able to come out and see and reflect on what the Veterans memorial is all about," said Brian Sowers, Vice Chair of the Guilford County Veterans Memorial Board.

Made possible with help from local award-winning companies: HICAPS and Lindsey Architecture

The memorial, originally dedicated in 2002, features a circular ring of inscribed walls, an obelisk with bronze plaques, and a brick path listing the names of Guilford County citizens who served. Now, with the Huey on display, visitors will have a tangible connection to the Vietnam era.

The site is expected to be fully in order in time for the annual Memorial Day ceremony.

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Which country consumes the most coffee per capita in the world?

Trivial Pursuits

1. Which animal has the highest blood pressure of any creature on Earth?
a) Elephant
b) Giraffe
c) Blue whale
d) Tiger

2. Approximately how long does it take sunlight to reach the surface of Mars?
a) 3 minutes
b) 13 minutes
c) 30 minutes
d) 3 hours

3. What is the most common element in the human body (by mass)?
a) Carbon
b) Hydrogen
c) Nitrogen
d) Oxygen

4. Which country consumes the most coffee per capita in the world?
a) Italy
b) Brazil
c) Finland
d) United States

5. What year was the first modern traffic light installed?
a) 1868
b) 1914
c) 1923
d) 1931

Answers: 1) b – Giraffe (can reach 280/180 mmHg); 2) b – About 13 minutes; 3) d – Oxygen (about 65% by mass); 4) c – Finland (roughly 12 kg per person per year); 5) b – 1914 in Cleveland, Ohio

How AI Will Help You (Not Replace You)

There is no shortage of hype about artificial intelligence. But for most business professionals, the real question is not "Will AI take my job?" It is "How do I use this tool to work better?"

The most effective use of AI in business right now is not automation. It is augmentation—helping humans do their existing jobs faster, smarter, and with less grunt work.

Three practical ways AI is already helping:

1. **Summarizing the unreadable.** Long email threads, dense reports, meeting transcripts: AI can digest them in seconds and give you the three things you actually need to know. You still make the decision. You just do not have to read 47 messages to get there.
2. **First-draft drafting.** Blank pages are painful. AI is excellent at generating a mediocre first draft of an email, a proposal outline, a marketing blurb, or a meeting agenda. You edit and improve it. The result is faster than starting from scratch and better than staring at a cursor.
3. **Finding what you cannot find.** "What was the name of the client who asked about that thing last March?" AI search tools can find the needle in your haystack of emails, documents, and chat histories. Minutes become seconds.

What AI is not good at (yet): Judgment, relationships, reading a room, understanding sarcasm, building trust, or knowing when to break the rules. Those are still human jobs.

The business professionals who thrive in the next few years will not be the ones who ignore AI or fear it. They will be the ones who treat it like a very fast, very literal intern that is useful for speed, but useless for wisdom. Use it for the grunt work. Save yourself for the thinking.

The Power of a Sneeze

A sneeze is more powerful than most people realize. When you sneeze, droplets exit your mouth at speeds of up to 100 miles per hour—roughly the same speed as a cheetah running at full sprint. Those droplets can travel up to 25 feet from your body and can linger in the air for up to 10 minutes.

The Two-Minute Procrastination Rule

A professor named David Allen popularized a simple rule that has helped thousands of professionals stop putting things off.

If a task will take less than two minutes, do it immediately.

Do not add it to a list. Do not schedule it for later. Just do it. Reply to that short email. File that document. Put away that pen. Send that quick confirmation.

Why does this work? Most procrastination is not laziness. It is the mental weight of unfinished tasks. Each small undone task sits in the back of your mind, taking up energy. Psychologists call this the Zeigarnik effect: the brain remembers unfinished tasks better than completed ones. By clearing two-minute tasks immediately, you free up mental space for bigger, more important work.

Try this tomorrow morning: Look at your inbox or your desk. Identify three things that will take under two minutes each. Do them before you even sit down. You will be surprised how much lighter the day feels.

A word of caution: Do not use the rule to avoid real work. Clear the small stuff, then close your email and spend time on what actually moves your business forward.

The next time a tiny task appears, do not negotiate with yourself. Just do it. Two minutes now beats having it nag you all day.

Why Airplane Cabin Air Makes You Tired

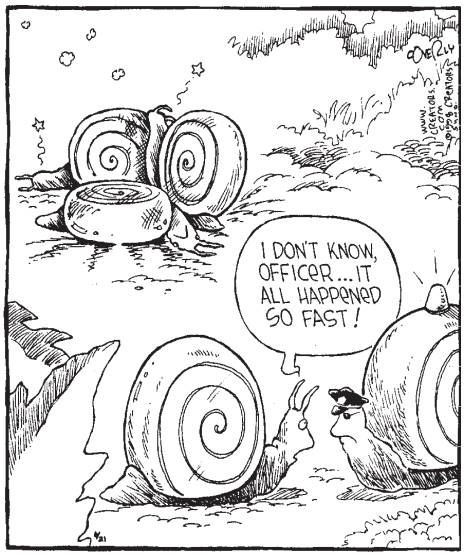
You have probably stepped off a flight feeling exhausted and blamed jet lag or bad sleep. But there is another culprit: cabin air pressure.

At cruising altitude (35,000 feet), the air pressure inside an airplane cabin is equivalent to being on top of an 8,000-foot mountain. At that pressure, the oxygen level in your blood drops by about 4%. That is not enough to cause serious medical issues, but it is enough to make your brain work harder.

Your heart beats faster. Your body feels mildly fatigued. Simple tasks feel slightly more difficult. This effect is compounded by low humidity (often below 20%, compared to a comfortable 40-60% at ground level), which dehydrates you faster.

If you travel for work, drink more water than you think you need. Skip the extra coffee. And know that the exhaustion you feel is not in your head, it's in the physics of the cabin.

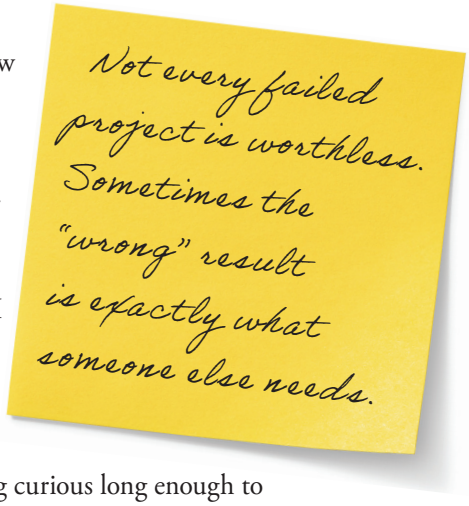
SPEED BUMP **Dave Coverly**



The Post-It Note Was a Failed Super Glue

One of the most ubiquitous office products in the world exists because of a failure. In 1968, a scientist at 3M named Dr. Spencer Silver was trying to create a super-strong adhesive. Instead, he accidentally created a very weak, pressure-sensitive adhesive that could be peeled off without leaving residue.

For five years, nobody knew what to do with it. Then a colleague named Art Fry grew frustrated that the small slips of paper he used to mark pages in his church hymnal kept falling out. He remembered Silver's weak adhesive and realized it was perfect for bookmarking without damage. And so, the Post-It Note was born.



It took another five years to convince 3M to manufacture them. Today, Post-It Notes are sold in more than 150 countries.

Not every failed project is worthless. Sometimes the "wrong" result is exactly what someone else needs. The trick is staying curious long enough to find that someone.

Fast Facts: Construction

- The Panama Canal was originally attempted by the French in the 1880s. They lost more than 22,000 workers to disease and landslides before giving up. The United States finished it 10 years later, but not before spending the equivalent of nearly $10 billion in today's money.
- The Empire State Building has its own zip code (10118). It also has 102 floors, 1,860 steps, and was built in just 410 days—roughly one floor every four days.
- Canada's CN Tower in Toronto was the world's tallest freestanding structure for 34 years (1976–2010). The concrete pour for the base did not stop for 24 hours a day for several months. If it had stopped, the concrete would have set unevenly and cracked.
- Brasília, the capital of Brazil, was designed and built in just 41 months (1956–1960). The entire city was planned on paper before a single shovel broke ground—an almost unheard-of feat for a major capital.

The 10,000-Step Myth

You have probably heard that you should walk 10,000 steps per day for good health. It appears on fitness trackers, wellness challenges, and workplace health campaigns. But the number has no scientific origin.

The 10,000-step target was invented in 1965 by a Japanese company selling a pedometer called Manpo-kei, which translates to "10,000 steps meter." The company chose the number because it sounded good and the Japanese character for 10,000 looks vaguely like a person walking. There was no medical research behind it.

Recent studies have found that health benefits level off much earlier. One major study showed that women who walked about 7,500 steps per day had similar longevity benefits to those who walked 10,000 or more. The difference between 5,000 and 7,500 steps was significant, but the difference between 7,500 and 10,000 was minimal.

Moving more is the goal. But do not stress about hitting an arbitrary number. A 20-minute walk at lunch is more valuable than obsessing over the last 2,000 steps before bed. The goal is motion, not a marketing slogan.

Freedom… *continued from page 1*

How You Can Help

Community members can support the Guilford County Veterans Memorial by purchasing a personalized brick for $250, inscribed with a Veteran's name. Major donors who contribute $10,000 or more will have their names etched on a plaque at the site.

The memorial is located at Country Park in Greensboro. For more information, visit: *gcveteransmemorial.org*

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Welcome Rosaleen Baker, Our New Marketing Intern!

We're excited to introduce Rosaleen Baker, who joins HICAPS as our new Marketing Intern. In her role, Rosaleen will support HICAPS' marketing efforts through social media content, event materials, project research, internal marketing strategy, and other communication projects. She is excited to gain hands-on experience in the construction industry while helping share HICAPS' work, team culture, and company story.

Rosaleen is currently a senior at the University of North Carolina at Greensboro, where she is studying Communication Studies with a focus on marketing and digital media. We're already looking forward to the fresh ideas and energy she'll bring. Please take a moment to introduce yourself and help make Rosaleen feel welcome!