



# Mia Rose Holdings Expands 'The Prairie' with New Mixed-Use Building

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### *Taps Midas Construction as Design/Build Partner*

St. Louis, Missouri-based Mia Rose Holdings has announced the expansion of The Prairie luxury multi-family community in Dardenne Prairie with the addition of a 45,000 square foot mixed-use building. The three-story building will include 24 two-bedroom, two-bath apartment units on the second and third floors and nearly 15,000 square feet of space on the first floor. The team will break ground in February and the project is scheduled to be completed by the end of 2023. Mia Rose Holdings has partnered with Midas Construction as their design-build contractor with Fox Architects providing architectural services and Engenuity providing the engineering services. 2B Residential is the property manager and St. Louis Commercial Realty is providing retail leasing.

Conveniently located at the southwest corner of Bryan Road and Missouri Route 364, the mixed-use building is part of the larger \$75 million development that includes five, three-story apartment buildings with 120 one-bedroom units and 60 two-bedroom units, 60 three and four-bedroom villas and existing retail space featuring Imo's Pizza and Twisted Sugar. Three of the residential buildings are open.

"This is our fourth project with Tom and the Mia Rose team, and we look forward to starting construction. This will be the only mixed-use building on the property and will bring value to the community. We're proud of how the project has taken shape and look forward to partnering together to bring more great developments to the area," said Tim Flacke, Principal at Midas Construction.

The Prairie supports the "live, work, play" lifestyle with amenities such as a heated saltwater pool with sundeck and outdoor lounge, a modern clubhouse with pool table, conference/meeting room, fireplace, coffee bar, a well-equipped fitness center with free weights and Peloton Bike, bike racks, dog park, garages and more.

A beautiful palette of building materials gives the development an attractive, high-end appearance. Features include cultured stone, brick masonry veneer, cast stone architectural accents, architectural shingles, ornamental balcony railings and decorative exterior lighting sconces. Each unit features a quartz kitchen peninsula and countertops, subway tile backsplash, vinyl plank flooring, full-sized washer and dryer, a private patio or balcony with storage, large bedroom and linen closets, stainless steel appliances, granite bathroom vanities and nine-foot ceilings.

“The City of Dardenne Prairie has been wonderful to work with at every step of the process,” said Tom Kaiman, Founder of Mia Rose Holdings. “We are very excited about bringing our mixed use vision forward to the community and following through on our commitment to do what we said we would do!”

Prospective residential tenants can find more information about the residential leasing at [www.theprairieapartments.com](http://www.theprairieapartments.com) and retail tenants should reach out to Brad Bush at [brad.busch@stlcorealty.com](mailto:brad.busch@stlcorealty.com)

### **ABOUT MIA ROSE HOLDINGS, LLC**

Mia Rose Holdings LLC (MRH) is a Chesterfield, MO-based commercial real estate development company that actively acquires and develops real estate to support the needs and vision of local communities. MRH provides comprehensive, first-class development services through partnerships with the best and brightest in commercial brokerage, engineering, architectural and construction services. Mixed-use and luxury multi-family developments include The Junction in Wentzville, PURE Springdale in Northwest Arkansas, 44 West Luxury Living in St. Louis County, The Prairie in Dardenne Prairie and The Meadows in Lake Saint Louis. MRH was formed in 2014 by Tom Kaiman who oversaw more than \$1 billion in development during his previous 15 years of design and construction experience. In addition to multi-family and mixed-use developments, MRH has a strong niche developing and consulting for ice rinks and other youth athletic facilities, including Maryville University Hockey Center, Pacific Ice Rink and Chesterfield Sports Complex. For more information about Mia Rose Holdings, visit [www.miaroseholdings.com](http://www.miaroseholdings.com).

### **ABOUT MIDAS CONSTRUCTION**

Midas Construction is a leading commercial construction company based in St. Louis, MO. The firm specializes in high rise hotels, luxury multifamily, mixed use and senior housing. Projects under construction for 2023 exceed \$300 million in the St. Louis metro area thus fulfilling the mission “Building great communities in which we live and work.” Notable projects include AC Hotel in the Central West End, The Prairie at Dardenne Prairie, Residence Inn in Clayton, the MILA apartments in Ellisville and Element St. Louis Midtown. For more information about Midas Construction visit <https://midas.build>.

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# Leaning in: Construction Team Embraces Takt Planning on WUSM Neuroscience Research Building

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Each morning at 8:30 a.m., foremen and crew leaders working on the Neuroscience Research Building under construction at Washington University School of Medicine gather on each floor of the 11-story structure.

During this 15-minute huddle, team members review the daily crew schedule, address potential conflicts, and ensure the \$616 million project remains on track.

Guiding these discussions is a Takt plan, a lean construction scheduling tool that visually documents all work activities scheduled to take place each week throughout the project's duration.

"The beauty of a Takt plan is that it makes everything visual," says McCarthy Project Superintendent Josh Kreitler. "It consolidates a 170-page conventional P6 construction schedule onto a single color-coded page so that all of our trade partners can quickly understand where they're supposed to be."

A primary goal of Takt planning, in lean construction terms, is to create "flow." In other words, the objective is for each project phase to progress in a logical sequence with no interruptions, delays, or bottlenecks. "Essentially, we want to eliminate waiting on workers or workers waiting on work," explains Kreitler.

Maintaining flow can be a tall order, particularly on a large, complicated building with an ambitious schedule and dozens of trade partners. The key is establishing a consistent rhythm in the schedule ("Takt" is a German word that translates to rhythm, beat, or cadence.)

On the Neuroscience Research Building, a five-day rhythm directs the activities of all work crews: from mechanical, electrical, and plumbing contractors; to metal stud framing and drywall contractors; to carpenters and painters. "We have defined areas, a distinct sequence of work, and crews move every five days," says Kreitler. "That creates stability for planning and a defined schedule for each team of specialty contractors."



The consistent rhythm also helps facilitate the just-in-time delivery of materials and components to the job site. "The Takt plan is very detailed and systematic, which helps ensure our floor crews have the materials and tools they need to do the job. We also

make sure they have them when they need them," says Dan Blanton, project executive of the Murphy Corrigan joint venture overseeing the mechanical system components.



While the Takt planning process is highly structured, it's also flexible to accommodate the inevitable shifts during construction. "We're constantly negotiating in the field, but changes don't happen on the fly. Instead, we make sure we incorporate them into the overall plan," says Kreitler, noting that superintendent-level team members gather each afternoon to discuss project logistics and big-picture activities. "We all have to agree before adjusting, such as shifting a sequence or adding a buffer week," he says.

### **Prefabrication and Collaboration Drive Efficiency**

As one of the nation's largest neuroscience research centers, the 609,000-square-foot building will bring together nearly 100 interdisciplinary research teams to study Alzheimer's disease, Parkinson's disease, and other nervous system disorders. The project, which includes an adjacent 1,800-space parking structure, also ranks as the largest in the history of Washington University in St. Louis.

Efficiencies gained through Takt planning have helped accelerate the installation of mechanical and electrical system components, which represent the most extensive scope of work in the research building.

About 90 percent of the M/E/P systems are prefabricated and pre-tested in several local prefab shops before delivering them to the job site for installation. "Prefabrication was only possible because of the detailed 3D modeling and intense coordination we did early on," says McCarthy's Chris Fava, who serves as M/E/P superintendent on the project. "This enabled all parties to understand the spatial constraints and generate fabrication drawings they could follow in the shop."

Constructing essential components offsite has significantly reduced the number of onsite laborers required to install M/E/P components and decreased the amount of waste generated at the job site.

"Because of the way crews progress through the building, the Takt plan allows us to manage our overall manpower on the project much more efficiently," says Ryan Freeman, president of PayneCrest Electric, the project's electrical contractor.

According to Blanton, the Takt plan provides a systematic process for crews to install their project scope most efficiently and economically. "For too long, it's been left up to the guys in the field just to figure it out, which ends up burdening the company with the largest scope of work," he says. "Takt planning eliminates

95% of that inefficiency. It creates a collaborative team environment from day one.”

And because every team member interacts with the Takt plan – from the foreman to the person installing the material – project leaders believe everyone takes more ownership and pride in their work.

The process also helps crews pinpoint potential issues before they lead to costly delays, according to PayneCrest Superintendent Joe Wilmes. “We’re able to identify so many potential conflicts and problems long before we install a product, so the owner has more time to make informed educated decisions,” he says.

Freeman credits McCarthy’s expertise in overseeing trade relationships for the smooth execution of work. “Our success depends on the construction manager’s ability to develop the plan and coordinate all of the trade partners to execute the work efficiently,” he says.

Though most team members had no prior experience with Takt planning before working on this project, many have become enthusiastic supporters. “I’m a huge fan,” Wilmes says. “I would sell this system to anyone, and that’s coming from a skeptic.”

Blanton believes Takt planning may even become the standard scheduling method for commercial construction projects in the next five years. “A caveat is that you’ve got to have talented people running and organizing the project,” he says. “When done well, the way it is here, it’s the only way to build a project.”

The Neuroscience Research Building team remains on schedule, and construction is expected to wrap up in June 2023.

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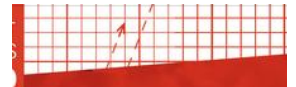
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