



CONSTRUCTIVELY SPEAKING



Historical Retreat Receiving Upgrades

Evins Mill, a scenic Tennessee resort property located near the town of Smithville - just east of Nashville, has contracted J&S Construction® to complete kitchen renovations to its current facility. With the growing popularity of this destination, the dining venue is in need of a more efficient operation.

The historical 40-acre property dates back to 1824, when a Tennessee Land Grant recorded it as Lockhart's Mill. Perhaps the most well-known proprietor was the politically prominent Evins family, beginning with Edgar and his wife, Myrtie, in 1937. Evins built the current mill to run in conjunction with emerging Lebanon, Tenn. business, Martha White.

The primary goal of this project will be to work within the Owner's budget to reorganize the existing space to allow for greater efficiency while minimizing the impact of required down time during renovations. Some challenges of the project include limited access due to a sloped terrain and mature trees surrounding the building, existing log cabin construction components and concealed conditions.

Several key accomplishments that will be recognized with the new scope of work include the creation of a shorter distance relationship between food storage areas and the food prep/cooking areas, elimination of some of the physical barriers to create a more efficient workspace, isolation of the dishwashing operation and new dishwashing equipment, and improving mechanical systems that will promote a more comfortable environment both in the kitchen and dining areas. All of these enhancements will work together to bolster the dining experience of every guest.

Minutes from Center Hill Lake, Evins Mill provides all the amenities of a luxury destination in the intimate setting of a woodland resort. The site includes a 90-foot waterfall, swimming hole, hiking trails and a fishing pond. Upon completion of this renovation, Evins Mill will be celebrating 25 years of business - which includes hosting corporate retreats and special events, such as weddings and receptions. For more information, visit Evins Mill's website at www.evinsmill.com.

This project is currently in the final design phase, and construction is scheduled to begin in December.

Phase III Complete at SAIC's Facility

SAIC continues to make improvements to its 10 W. Broad St. historic location in Cookeville, Tenn., as J&S Construction recently completed phase III for the premier technology company.

The \$4.5 billion government services and information technology support company opened its first Technology Integration Gateway™ in August 2017. These renovations were completed in two phases by J&S Construction and included the installation of a software integration space, a high-security IT server room, a backup electrical generator, as well as overall electrical upgrades.

Phase III consisted of 6,000 square feet of space being repurposed for SAIC's newest service center.

The scope of work included rework to an existing floor plan, implementation of security zones and extensive electrical redundancy, creation of employee workstations and a lounge, and updates to existing restroom facilities.

The technologically advanced facility was completed under a tight time frame to allow SAIC to begin servicing its customers per strict contractual obligations. All work was successfully completed in coordination with other SAIC operations to prevent any service disruption.



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Dialysis Treatment Options Increase in the Upper Cumberland

Traditionally, most dialysis treatments are performed in-center at a hospital or outpatient facility, but home dialysis has become an increasingly popular and safe alternative for some patients.

DaVita Inc. will soon offer qualifying patients in the Upper Cumberland the opportunity to dialyze from the comfort of home, giving them better control of their treatment schedules, more time for themselves, their families, their jobs, and the activities they enjoyed before starting dialysis.



DaVita contracted J&S Construction to complete a 2,600 square-foot, interior buildout for a new home training facility which will be located at 1843 Foreman Dr., in Cookeville. The new facility will be on the second floor just above DaVita's newest Cookeville dialysis center, also completed by J&S Construction in 2016.

The three-month contract's scope of work will include state-of-the-art exam rooms, nurse stations, a conference room, office space, and a new IT room. The waiting area will showcase DaVita's signature "regional wall" that contains a locally-sourced brick facade and custom millwork.

Fiberglass reinforced plastic (FRP) walls will be added throughout the facility as well as acoustical ceiling tiles, custom cabinetry, Corian countertops with low VOC, luxury vinyl plank, carpet tiles, sheet vinyl flooring, LED lighting, resinous flooring in the storage room, new fire and smoke walls, and a new mechanical system.

DaVita remains committed to continuous improvement of its environmental impact and incorporated energy efficiencies throughout this facility during the design phase. The space's heat pump system will tie into the building's existing water source loop system for greatest efficiency and cost savings. The hot water heater also includes a night setback control system which will lower the room temperature at night and reduce heating costs.

Fifty percent of the materials used for this project were extracted, harvested, or recovered, and manufactured within 500 miles of the project. And though LEED® certification will not be pursued, many of the materials used will be in keeping with LEED principles.

Do you need assistance in determining which energy-efficient construction techniques have the best return on investment for your medical office building? Contact teambuild@jsconstruction.com, and a J&S Construction team member will be happy to assist.

J&S Employees Achieve Safety Record

Maintaining a safe work environment and safe work habits are a critical responsibility of every employee at J&S Construction. The company and its employees recently achieved a major milestone, completing more than 845,000 hours on the job without a Lost Time Incident. J&S Construction has not experienced a Lost Time Incident in more than four years and continues to work to ensure safety remains a top priority.



J&S Construction team members attending fall protection training, one of the numerous safety courses the company offers.

On a daily basis, J&S Construction is responsible for the safety of construction tradespeople in the field, office employees, and various subcontractors and vendors that are at the job sites.

Ongoing safety training, comprehensive substance abuse screening, daily safety meetings, job-site audits, weekly safety talks, incentive programs and mandatory OSHA training for Field Managers are just a few examples of how safety is emphasized at J&S Construction. J&S Construction also offers employees unlimited access to J&S University, an online training tool that is accessible 24 hours a day, 7 days a week from any computer and gives employees access to hundreds of safety courses.

"We want our job sites to be the safest in the industry," said Jack Stites, J&S Construction CEO. "It takes focus and diligence to heed all of our safety requirements, but our guys have proven they can do it. I am proud of our Team, and I appreciate all of their efforts."

Fieldstone Place's Updates Complete

Renovation work is complete at Fieldstone Place, a 102,825 square-foot, multi-level, senior living community located at 50 Patel Way, in Clarksville, Tenn.

Property manager, Five Star Senior Living Inc., headquartered in Newton, Mass., contracted J&S Construction to complete various enhancements to the multi-level facility with a majority of work including the facility's common areas receiving upgrades to its flooring, ceilings and wall finishes, and a bulk of the lighting being upgraded to LED type light fixtures.

The main corridors were similarly complimented with new carpet, acoustical ceiling tiles, chair rail wainscot paneling, and handrails.

In addition, J&S Construction also re-worked existing building space in the independent living wing and constructed eight new apartment units equipped with kitchens, baths and living areas.

J&S Construction was selected as the contractor for this project due to the ability to meet a tight schedule as well as an exemplary reference list. J&S Construction worked alongside project designer, Lockett & Farley, the oldest continuing architectural firm in the country.

Founded in 2000, Five Star Senior Living Inc. operates more than 280 Independent Living, Assisted Living, Alzheimer's/Memory Care, Skilled Nursing & Rehabilitation and Continuing Care Retirement Communities. Fieldstone Place offers elegant independent and assisted living apartments, as well as an adult day program and respite/short stays for seniors with specialized needs. For more information, visit Five Star Senior Living's website at www.fivestarseniorliving.com.

All in the Family

Birthdays

October	
Tony Morris.....	10/9
Bryan Cole.....	10/11
Kevin McCaleb.....	10/15
Keenan Muncie.....	10/18
Carleton Benford.....	10/30
Dave Robinson.....	10/31

November

Joey McNeiece.....	11/4
Ron Reading.....	11/12
Steve McDaniel.....	11/25
Corey Jackson.....	11/29
Robert Owens.....	11/30

December

Ryan Morris.....	12/8
Michael Christie.....	12/13
Randy Cooper.....	12/25
Jerry Brown.....	12/29
Jarrad Pechie.....	12/29
Stanley Smelt.....	12/31

Anniversaries

Misty and Scott Hunter.....	10/1
Lindsey and Tony Morris.....	10/13
Elizabeth and Dave Robinson.....	10/13
Tammy and Skip McDonald.....	11/18
Abby and Ryan Williams.....	12/21
Nita and Jimmy Smith.....	12/31

With Deepest Sympathy in the Loss of Loved Ones:

John Adams - Mother
 Matt Davenport - Sister
 Johnny Foust - Father
 Tony Morris - Mother

J&S Growing Markets

With continued growth of business relationships in the Wilson County area, J&S Construction recently welcomed Scott Hunter to join the team as a Director of Business Development. Scott is from the Lebanon area and will work alongside our Development Team to continue growing our presence in the Mt. Juliet/Lebanon market.



Scott will work with clients to determine their needs and will work alongside the Pre-Construction Team to create budgets and proposals to help meet those needs. Scott began his career as an account representative with Thomas Nelson, one of the world's leading Bible publishers. Scott has worked the past several years in the construction industry as a business development executive in the Middle Tennessee area.

WHAT WE ARE ALL ABOUT

From: Laura J Dockery
Sent: Thursday, September 06, 2018 5:25 PM
To: Team Build
Subject: Going Out of his way to help

I just wanted to tell you about an employee that went out of his way for my neighbors today. My doorbell rang right at 5pm today, during the thunderstorm we were having, with lots of lightening as well. There was a young man wearing a J&S construction tshirt and driving one of your vehicles. He asked if we owned the cattle across the road from us and that 2 cows were in the road when he drove by. He had gotten them back into the field and then tried to secure the gate. The cows are not ours but I directed him to the house across from us where an elderly couple live and told him I believe the cows belong to them or their son that lives out of town. He then drove over to their house and spoke to them. I then watched as he drove back down to the gate and once again worked to make sure it was ok. Unfortunately I did not get his name and really wish I had asked, but if you had anyone on or near Mirandy Rd yesterday around 5pm please tell him thank you. Most people would not have bothered to stop at all, much less take care of the problem.

Laura Dockery
 Sent from my iPhone

*"We're so proud of our Team. The servant mindset is what makes so many of our team members excellent at serving our clients."
 --- Jack Stites*

A Rise in Goods/Services Adds Pressure to Industry

Prices for goods and services used in construction climbed 6.2 percent over the past year, intensifying a cost squeeze on contractors coping with widespread labor shortages, according to an analysis by the Associated General Contractors of America of new Labor Department data.

Association officials noted that the cost increases come as many construction firms are already grappling with the impacts of labor shortages and the prospect of further tariffs on key materials.

"Price changes for construction materials in August were mixed, but contractors are likely to be hit with additional cost increases as new tariffs take hold, as well as significant labor cost escalation," said the association's chief economist, Ken Simonson. "Prices for goods and services used in construction rose over the past year at nearly double the rate that contractors have raised their bid prices to put up new buildings."

"Contractors are having to pay more for many construction materials and workers," said Stephen E. Sandherr, the association's chief executive officer. "The President and Congress can help by removing costly tariffs on key construction materials and boosting investments in career and technical education programs."

(Retrieved from: www.agc.org/agc-news)

Why TEAM-BUILD?

J&S Construction's Design-Build concept is based on a TEAM approach:

Together **E**ngineers **A**rchitects **M**anagers

All design and construction services are wrapped up in one contract, providing a **single source** of responsibility with diversified perspectives from all TEAM members.

Early cost is determined to ensure project is **within budget constraints**.

Design and pricing phases are synchronous, allowing **construction to start 20% sooner** than traditional delivery systems.

Final accountability is placed with J&S Construction as the leader of the TEAM-Build delivery system.

Numbers Matter:

Metric	TEAM-Build vs. Design-Bid-Build
Project Cost	6.1% lower
Construction Speed	12% faster
Delivery Speed	33.5% faster
Cost Growth	5.2% less
Schedule Growth	11.4% less

Source: Construction Industry Institute (CII)/Penn State research comprising 351 projects ranging from 5K to 2.5M square feet. The study includes varied types and sectors.

Three Ways to Integrate Your Faith & Work

As believers, we're called to anticipate this coming Kingdom. And, how do we do that with our work? To find out, Christians in every industry must ask themselves: what would a redeemed version of our industry look like? What does it mean for us to be Christian bankers, doctors, lawyers or teachers? How will we work in a distinctly Christian way?

The answer will look a little different for everyone, but at the very least it will include these three components:

Work with Integrity - As believers, it goes without saying that we must hold ourselves to the highest standards of ethical behavior in our work, knowing that we work not just for human bosses but for the Lord (Colossians 1:21). This means we will not cook the books, take shortcuts that might harm the environment, our employees or our customers. It means we will not take advantage of our customers by overcharging or overpromising.

Work with Excellence - When Martin Luther was famously asked by a cobler, who had just become a Christian, what he should do with his life, Luther responded by saying: "make a good shoe and sell it at a fair price." We should seek to be excellent in all that we do because we serve a God who is excellent in every way. Also, as Andy Crouch says again in Culture Making: "We should ask the same question about our own cultural creativity and cultivating. Are we creating and cultivating things that have a chance of furnishing the New Jerusalem?" Furthermore, being excellent at our jobs is a big part of earning the right to be heard by our coworkers.

Work with Love - Above all else, we must seek to love our bosses, coworkers, and employees to the best of our ability, knowing that as fellow image-bearers of God they deserve to be treated with the utmost dignity and respect. Practically, this means caring for our coworkers by forming relationships with them. It means getting to know them, their problems, their fears and their dreams. If you're a business owner it means compensating your employees generously or at the very least fairly.

Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

(Proverbs 4:25-27)

(Retrieved from: www.markrobertcasper.com/3-ways-faith-work)

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