



CONSTRUCTIVELY SPEAKING



From left to right: Bethesda Health Care Employees - Mary Ann Ronczkowski, SLP, Cynthia Sparks, rehab technician, Donna Clifton, COTA, Cynthia Harvey, OT, Dr. Lauren Medley, OT, Jenny Harrison, PTA, Dr. Nikki Orazine, PT, Samantha Johnson, PTA, Sonya Briggs, PT, director of therapy, Lee Rooney, Bethesda administrator, Soheila Kheshti, regional director of operations

Bethesda Adding New Wing

Bethesda Health Care Center, Inc., along with State Rep. Ryan Williams, City Mayor Matt Swallows, ambassadors of the Putnam County Chamber of Commerce and J&S Construction Company, broke ground for an addition that will enable Bethesda to provide enhanced physical therapy services to the Upper Cumberland Region.

Services and programs at Bethesda Health Care Center are designed with the resident in mind and include a care plan tailored to the well-being of each individual. Bethesda has earned a great reputation by providing dedicated, compassionate care with a therapy-centered approach.

“This project has been in the works for several years,” said Lee Rooney, administrator at Bethesda Health Care Center. “We have grown our therapy program in this area and are a highly sought after in-patient/out-patient program in Cookeville that has outgrown our space. We have a very strong therapy staff with a lot of experience.”

“We have heard great things about J&S Construction,” added Rooney. “We are a company based out of West Tennessee, so when the idea came up to expand, I put out that I wanted to use a local contractor, and I have always heard wonderful things about their company. All of my experiences so far have been nothing but positive. We are looking forward to this continued relationship.”

Bethesda’s current physical therapy space lacks the appropriate storage for all training equipment and can only house a limited number of patients at one time. The 2,069 square-foot addition will include a training kitchen for patients and adequate space for parallel bars, weight lifting equipment, as well as additional office space and storage.

Cumberland Plaza Gets Fresh Look

J&S has recently signed a \$595,000 contract with Cumberland Plaza, LLC to reface the front façade of the Cumberland Plaza Shopping Center, a 56,720 square-foot retail center located in the heart of Crossville on the corner of Genesis Road and North Main Street, two of the city’s busiest streets.

During this four-month project, J&S Construction will completely reface the front facade of the building and bring the facility to current standards. The client has asked for a “Timeless” look to this new façade to provide many years of enjoyment to the community. The façade will be refaced to look similar to two highly popular Tennessee shopping plazas, Providence Marketplace (Mt. Juliet) and Turkey Creek (Knoxville).

The 764 lineal-foot update will consist of replacing the current overhang and brick columns with a fresh EIFS front with varying colors, fabric and metal awnings, as well as staggered storefront heights. The covered courtyard will be revamped with skylights and an updated look to bring in more natural light. Also, exterior lighting fixtures will be updated throughout the center to tie into the new theme.

“It is always a pleasure to assist in bringing more business to the area, as well as making improvements to a city’s appearance in general,” said Jim Vaughn, vice president of architecture at J&S Construction.



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J&S Voted Construction Manager for Putnam County

The Putnam County jail will not be decertified by the state in 2011, following a September meeting in which the Tennessee Corrections Institute board accepted a plan of action from local officials that will address the running list of problems noted in an August reinspection report.

The Tennessee Corrections Institute had recommended the jail not be recertified for 2011 in August because a host of issues -- unsecure jail locks, water damage to ceilings, and flooring and air vents that had been forced closed by dirt and debris, among others -- were not corrected following an initial annual inspection earlier this summer.

The TCI board, which met in Nashville, accepted a plan of action from the county following a presentation by Putnam County Executive Kim Blaylock. Of the laundry list of must-fix items identified by TCI, only a few issues remain to be corrected, Blaylock said.

And to ensure those things are addressed, the county, she said, will have to report back to TCI monthly. The Putnam County Justice Center's dysfunctional HVAC system, for example, is a major flaw. The Putnam County Commission recently pledged up to \$1 million to repair, replace or renovate that heating, ventilation and air conditioning system.

J&S Construction will act as the construction manager for that project, and as part of a professional services agreement, the Cookeville company will assemble a team to assess the justice center's needs, obtain construction bids from subcontractors and oversee the entire process.

The other issues include:

- Unsecure locks: Blaylock said new, more heavy-duty locks, which will replace faulty fixtures in two medium security pod areas, have been ordered. That project should be complete by the first of November.
- Cracked cell door windows: Blaylock said new glass has also been ordered. It has yet to arrive.

- And booking counter floor tiles that are broken and missing: Blaylock said that problem should be corrected in the next six weeks.

"Our maintenance guys have worked hard," Blaylock said.

If the jail had been decertified by TCI, Putnam County would have been unable to house state inmates, which would have equated to a roughly \$750,000-775,000 loss in revenue each year, officials said.

Putnam Sheriff David Andrews, who also attended and spoke at the TCI meeting, said that, while the county avoided decertification, preventative maintenance still needs to be a top priority, and when the HVAC system is addressed, that a maintenance agreement should be put in place to keep things in working order.

"That will keep a lot of things from happening, the rust, the mold, the clogging of the vents, but it will also cut down on our energy costs," he said.

"I wish that it would have never gotten to this point, but it has," Andrews continued. "But I think the county commission has done the right thing by appropriating the money to fix the problems. I just want the maintenance department to address things as they happen. They (maintenance) did things to help us keep our certification. I just want them to stay on top of it and not get back in this position again...and I think they will."

- story provided by Liz Engel Clark, *Herald-Citizen*



WHAT WE ARE ALL ABOUT

DR. & MRS. LARRY SARGENT
7503 ROYAL HARBOUR CIRCLE
COOLTEWAH, TN. 37363
423-238-9856

August 16, 2011

Mr. Kevin McCaleb
 1843 Foreman Drive
 Cookeville, TN. 38501

Mr. Kevin McCaleb:

We are writing this letter on behalf of Mr. Dwight Ledbetter to inform you of the outstanding job he did in the selection of the crews of men who recently performed construction services on our home.

One was the roofing foreman, Mr. Ford Allen and his crew. The work they did was quality construction and done in a very timely fashion disturbing our life as minimally as possible. The other, Mr. Marty Jackson, who worked on ceiling repairs, did their work in a neat manner and he was instrumental in noting to his employer the need for the front pair of doors to be replaced, grout repairs on the front porch and repairs to a gutter damaged done by other workers.

We cannot express our appreciation and thankfulness for Mr. Ledbetter and his professionalism in securing craftsmen to perform the construction services on our home. His oversight of the work insured that our lives were disrupted as little as possible. We would gladly recommend him to any prospective clients in the future.

Sincerely,

Dr. Larry Sargent

Sincerely,

Brenda K. Sargent
 Brenda Sargent

J&S Recruits New Talent

J&S Construction is proud to welcome two of its newest members to our highly experienced J&S Team.

Sharon McLatchy recently joined J&S as the office support coordinator. This position is responsible for all receptionist duties, coordination of subcontract agreements, and numerous administrative tasks in support of the owners and accounting department.



Shown from left: Sharon McLatchy and Ami Sewell.

Sharon is originally from East Tennessee and has lived in the Cookeville area for 11 years. Prior to joining the J&S group, Sharon was employed at LifeCare Family Services in the positions of receptionist, scheduling coordinator and medical records. Preceding LifeCare, Sharon was a physical therapy patient care technician followed by office manager at Cookeville Therapy Center. She has been married to her husband Mike for nine years, and they have two daughters, Madison (8) and Kamryn (6).

Ami Sewell recently joined J&S as a project manager in the Emergency Response Team division. Her job responsibilities include close interaction with clients, field managers, subcontractors and insurance company representatives.

Ami is a graduate from Tennessee Technological University with a Bachelor of Science, with concentrations in business and psychology. Ami was born in Gulfport, Miss., and moved to Tennessee in 2008. Prior to moving to Tennessee, she was employed at Oreck's Corporate Office for over nine years, beginning as a customer care agent, and moving throughout the company as a sales agent, technical support representative, quality assurance monitor, customer care supervisor and on to customer service specialist/operations manager.

For the last two years Ami was employed with AMP and her primary responsibilities included customer care, sales, marketing, management and government contracting. Ami has been married to her husband Allan for nine years.

Use Tax Credits Before They Expire

The federal government has, as part of its economic stimulus spending, offered income tax credits for home improvement projects that improve energy efficiency. While the tax credits available in 2011 are much less generous than those available in years prior, they are still worth hundreds of dollars, and they expire Dec. 31.

Listed below are home improvement projects that qualify for tax credits now, but will not in 2012 (unless Congress votes to re-enact these programs, which seems unlikely given the dominance of budget reduction in the current political climate). The dollar amount listed is the credit offered for qualifying energy efficient products. For any questions concerning energy-efficient products or construction, feel free to contact J&S Construction at 931-528-7475.

- Central air conditioning: \$300
- Furnaces and boilers: \$150
- Roofing: 10% of the cost, up to \$500
- Gas, oil or propane water heaters: \$300
- Electric heat pump water heaters: \$300
- Windows/skylights: 10% of the cost, up to \$200
- Electric heat pumps: \$500
- Insulation: 10% of the cost, up to \$500
- Doors: 10% of the cost, up to \$500

All in the Family

Birthdays

October	
Tony D. Stafford	10/2
Lori Wakefield.....	10/2
Tim Delk	10/5
Tony Morris.....	10/9
Josh Prater	10/10
Harry Colorito	10/12
Ron Gardner	10/15
Kevin McCaleb	10/15
Jacob L. Ramsaur	10/15
Anita Jones	10/23
Dave Robinson.....	10/31

November

Brett Thomas.....	11/6
Ron Reading.....	11/12
Eric Martin.....	11/13
Corey Jackson	11/29

December

Mike Sakkinen	12/1
Johnny Stites.....	12/6
Justin Martin	12/11
Bill Curtsinger, Sr.....	12/19
Jessica Rackley	12/19
Gordon Rackley.....	12/23
Jerry Brown	12/29
Coral Braswell.....	12/30
Terry Grasty	12/31

Anniversaries

Jessica and Gordon Rackley.....	10/2/1999
Sharon and Terry Garrett.....	10/8/1999
Dave and Elizabeth Robinson.....	10/13/2007
Patty and Tony D. Stafford.....	10/24/1999
Anita and Greg Jones	10/25/2008
Merry and Jim Vaughn	10/29/1977
Roxanna and Eric Martin.....	11/16/1996
Tammy and Skip McDonald	11/18/2000
Katrina and Joe Muscarnero	11/24/2001
Terri and Robert Blyly	11/28/1980
Lisa and Danny Hatfield.....	12/17/2000
Renee and Bill Curtsinger, Sr.	12/22/1977
Nita and Jimmy Smith	12/31/2000

With Deepest Sympathy in the Loss of Loved Ones:

Sylvia Folger – Mother-in-law
Sharon McLatchy – Step-father
Jim Vaughn – Mother

J&S' Value of a PROMISE

- Guaranteed Price
- No Change Orders
- Two-Year Warranty
- One Page Contract
- Guaranteed Move-in Date



Now Building

Berman Residence	2
Bethesda Health Care Center	1
Charter Communication.....	3
Cumberland Plaza LLC	1
Faith Baptist Church	1
Nationwide Insurance	(Storm/Tornado Damage)
Putnam County	1
Rawlston Residence	1
Stones River Manor	1
Total Quality Environmental	1
USAA Insurance	(Storm/Tornado Damage)
West Jackson Marketplace.....	8

Numbers listed reflect number of projects completed

Creating Opportunity

By: Jim Rohn

An enterprising person is one who comes across a pile of scrap metal and sees the making of a wonderful sculpture. An enterprising person is one who drives through an old decrepit part of town and sees a new housing development. An enterprising person is one who sees opportunity in all areas of life. To be enterprising is to keep your eyes open and your mind active. It's to be skilled enough, confident enough, creative enough and disciplined enough to seize opportunities that present themselves...regardless of the economy.

A person with an enterprising attitude says, "Find out what you can before action is taken." Do your homework. Do the research. Be prepared. Be resourceful. Do all you can in preparation of what's to come. Enterprising people always see the future in the present. Enterprising people always find a way to take advantage of a situation, not be burdened by it; and enterprising people are not lazy. They do not wait for opportunities to come to them, they go after the opportunities.

Enterprise means always finding a way to keep yourself actively working toward your ambition. Enterprise is two things: The first is creativity. You need creativity to see what is out there and to shape it to your advantage. You need creativity to look at the world a little differently. You need creativity to take a different approach, to be different. What goes hand-in-hand with the creativity of enterprise is the second requirement: the courage to be creative. You need courage to see things differently, courage to go against the crowd, courage to take a different approach, courage to stand alone if you have to, courage to choose activity over inactivity.

And lastly, being enterprising does not just relate to the ability to make money. Being enterprising also means feeling good enough about yourself, having enough self worth to want to seek advantages and opportunities that will make a difference in your future. And by doing so, you will increase your confidence, your courage, your creativity and your self-worth, your enterprising nature.

Be wise in the way you act toward outsiders; make the most of every opportunity. (Colossians 4:5)

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