



# CONSTRUCTIVELY SPEAKING



*From left: Dr. Robert C. (Bob) Fisher, Belmont University President; and Brad Paisley and Kimberly Williams-Paisley, The Store Founders (Photo Courtesy: Belmont University)*

## Work Begins at Brad Paisley's 'The Store'

J&S Construction® celebrated alongside The Store Founders, Brad Paisley and Kimberly Williams-Paisley, and Belmont University administrators at the official groundbreaking ceremony on Wednesday, April 3. The Paisleys partnered with Brad's alma mater, Belmont University, to establish The Store's location at 2005 12th Ave. South, next to the University's Ministry Center. The location is convenient to bus routes and in the heart of Nashville's ever-growing 12 South district.

The not-for-profit, retail store will offer a variety of foods that will help individuals strive for healthier lives through food choices, as well as nutritional education and cooking classes. The Store will operate as a year-round free grocery store allowing people to shop for their basic needs. Clients will be given the opportunity to come to The Store for a one-year period. There is no charge to those referred or to the people and agencies that send them. They may shop for food to supplement their income during times of crisis and as they work toward self-sufficiency.

Belmont provided the property for The Store and ESa (Earl Swensson Associates), one of the largest architectural firms in Nashville, donated its services to design the project.

The 3,933 square-foot facility's exterior will be a mixture of brick and EIFS with an EPDM roof.

The grocery store will contain a check-in desk for customer pre-qualification, a check-out station, two restrooms, a dry good section, frozen/refrigerated space and a second-floor mezzanine. Interior finishes will include polished concrete floors, pendant LED lighting and custom wood-framed signage.

The six-month contract is scheduled for completion in October 2019.

For more information, visit [www.thestore.org](http://www.thestore.org).

## Chattanooga Sunbelt Receives Upgrades

Sunbelt Rentals, one of the nation's largest equipment rental companies, is currently undergoing renovations at its Chattanooga facility, located at 4075 S. Access Road.

The eight-week remodel began in April and consists of a complete renovation of the approximately 4,500 square-foot facility, including an updated showroom, construction of four offices, as well as demolition/reconstruction of existing rooms to create a more cohesive work environment.

The exterior of the facility will also receive a face-lift, including a newly repainted exterior and installation of a new pre-engineered metal canopy for the wash bay. The parking lot will also be refurbished.

Epoxy flooring will be installed in all re-constructed areas while the training room and manager offices will receive new carpet tiles.

The show room will receive new LED lighting and drywall, and the facility's training room will receive new drywall, paint, LED lighting and acoustical ceiling.

J&S Construction also completed a full remodel to the Cookeville location in 2015 and has recently been contracted to complete renovations in other markets.



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## Bonnell Aluminum Adds Employee Health Center to Carthage Site

Bonnell Aluminum has broken ground on a future on-site health center for employees and family members at its Carthage manufacturing site. The 3,000 square-foot building will include a medical clinic and fitness amenities that will benefit over 500 employees and their families.



“We first became interested in this concept after acquiring Futura industries, which has a similar facility in Utah. Based on what we have experienced this is a wonderful benefit for our employees,” said Brook Hamilton, President of Bonnell Aluminum. “In addition to the benefits of a healthy lifestyle and convenient access to excellent health care that our employees will gain, we believe this concept will produce higher employee satisfaction and lower healthcare costs.”

The building, designed by J&S Construction, will be a wood-framed structure with standing seam metal roof, metal siding and aluminum exterior windows and doors. Interior finishes will consist of acoustical ceilings, painted walls and various floor finishes including sealed concrete, VCT and LVT. LED lighting will be used throughout the facility. The scope of work will also include a small, paved parking area as part of the new construction.

The facility’s layout will be split into two equal halves to house both a fitness center and clinic. The fitness center will be primarily an open floor plan with men’s/women’s restrooms and showers situated on one end. The clinic will have a reception/waiting area, exam rooms, a rest-room, lab, audiology room, provider offices and break room.

The project is scheduled for completion in Summer 2019.

Bonnell Aluminum is a subsidiary of Tredegar Corporation (NYSE:TG). The company and its operating divisions, AACOA and Futura Industries, are leading manufacturers of customer-fabricated and finished aluminum extrusions serving the building and construction, automotive and transportation, consumer durables, machinery and equipment, electrical and distribution markets.

For additional information about us, please visit [www.bonnellaluminum.com](http://www.bonnellaluminum.com).

## Global Poultry Breeder Improves Facility

Cobb-Vantress, Inc. has partnered with J&S Construction in a Design-Build effort to make some necessary modifications to its existing employment center in Deer Lodge, located about 50 miles east of Cookeville. The changes will require office renovations within the existing facility as well as a 3,000 square-foot expansion.



Cobb is the world’s oldest pedigree broiler breeding company and a research and development company engaged in the production improvement and sale of broiler breeding stock. Given the nature of its business, Cobb employees are required to shower-in at the Deer Lodge facility prior to entering the “clean” work area. J&S Construction will add four new shower stalls and locker room space within the existing building that will help minimize employee wait time. In addition to the locker room renovations, the upgraded office space will include 15 new offices, a new conference room, a new reception office, an interview room, IT room and an expanded break room.

The building addition will be a pre-engineered metal building that will match the existing building configuration. The building exteriors will receive a standing seam metal roof and a painted metal siding for the walls. Interior finishes will include acoustical ceilings, painted walls and luxury vinyl plank flooring in the office areas with ceramic tile flooring in the shower areas. Mechanical systems will be added for the expanded footprint and reworked as required in the renovated areas. New LED lighting will also be provided in the addition.

A very important factor of this project will be the separation of the construction work area from the “clean” operations side of the facility. Additionally, it will be critical for J&S Construction to phase the work in such a way that minimizes downtime for the Owner. The project is scheduled to be completed by the end of 2019.

## All in the Family

### Birthdays

#### April

Jason Ross.....	4/1
Joshua Bowman.....	4/6
Emma Jean Puckett.....	4/23

#### May

Jesse Mann.....	5/5
Bill Stephens.....	5/17

#### June

Phil Adams.....	6/1
Ryan Williams.....	6/1
Stephen Conley.....	6/18

### Anniversaries

Tricia and Joey McNeiece.....	4/7
Kristi and Brian King.....	4/8
Kathy and Tom Thompson.....	5/5
Jenny and Josh Stites.....	5/6
Glenda and Robert Bean.....	5/12
Stefanie and Andy Stites.....	6/4
Lisa and Danny Hatfield.....	6/18
Lisa and Bryan Cole.....	6/21
Anita and Jerry Brown.....	6/25

### Congratulations for Births:

**Jenny and Josh Stites - Son**  
Born April 19, named Jacob Austin

## EJP’s Birthday Bash



J&S Construction CEO, Jack Stites, and Emma Jean Puckett visit as the company celebrated the 47-year veteran’s birthday alongside fellow employees and family members. The Upperman High School marching band made an appearance to surprise Emma Jean with some musical classics. Emma Jean has been responsible for the company’s cash management/bookkeeping since first joining the family in 1972.

## Exploring Lease Options?

Looking for lease space for your growing business? J&S Construction is now partnering with Sparrow Ventures, GP to deliver design and construction management services as a single-source effort for your property development needs.



Sparrow Ventures brings more than 30 years of combined experience to the table, with professionals representing a spectrum of real estate, planning and building skills. Sparrow Ventures has been developing commercial and industrial real estate for a wide variety of applications across the Mid-South area and its project experience ranges in size from a 500 square-foot office space to 500,000 square-foot warehouse facilities. Because architects, engineers, leasing agents and builders are staffed in-house, the Design-Build process will save you time and money by eliminating the need to deal with outside contractors or architects.

From site acquisition, to design and construction, to leasing, and financing, Sparrow Ventures is capable of handling any of your property development and leasing needs.

For more information, visit [www.sparrowventuresn.com](http://www.sparrowventuresn.com) or call 931-261-7006.

## #StandDown4Safety

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) is joining with occupational safety organizations for the 6th annual National Fall Prevention Safety Stand-Down, May 6-10, 2019. The week-long event will focus attention on preventing falls in construction, the leading cause of fatalities in the industry. J&S Construction will be participating in the event as it closes in on its goal of 1 million hours worked without a lost time incident.



The national stand-down encourages employers and workers to pause voluntarily during the workday for safety demonstrations, training in hazard recognition and fall prevention, and talks about hazards, protective methods, and the company’s safety policies, goals and expectations.

OSHA anticipates thousands of work sites and millions of workers to observe the stand down worldwide in 2019. To help guide their efforts, the Agency’s fall prevention webpage provides information on how to conduct a successful event, and educational resources in English and Spanish, including a series of fall safety videos, OSHA’s Fall Prevention Training Guide, fact sheets on ladders and scaffolding that describe the safe use of these types of equipment while performing construction activities, and a brief video that encourages employers to develop a fall prevention plan, and to provide workers with fall protection and training.

To learn more about preventing falls in construction, visit OSHA’s Fall Prevention Campaign page.

WHAT WE ARE ALL ABOUT

February 20, 2019

To Whom It May Concern:

Evins Mill is a small resort property in Smithville, TN and in 2018 contracted with Cookeville-based J&S Construction to expand and renovate its kitchen and back-of-house facilities. Though we fielded bids from local and Nashville-based contractors, J&S was hands-down the right choice for us.

Working within a defined budget and limited time to complete the project, Ryan Morris and the J&S team developed a creative floor plan and worked through design issues that successfully eliminated or reduced potential expenses and streamlined the construction process.

Jimmy Smith & crew kept the project on-schedule – rapidly addressing any issue we found along the way, which were few and far between, and on several scores going beyond the contracted scope of work to add greater value to the project. Our chefs, servers, dishwashers and I are all more than pleased – elated I would say – with the finished product.

As the owner/operator of a hospitality-intensive business for 25 years, I place a high premium on customer-service. The J&S team met and then consistently exceeded my expectations. From Project Manager to Field Manager, they were not simply highly responsive – but pro-active in their communications – anticipating and addressing issues, needs and questions before we considered them.

With several other build-out and new-build projects on our docket, we look forward to working with the J&S team again!

Sincerely,  
  
William Cochran  
Owner

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## Why TEAM-BUILD?

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

**T**ogether **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.

## Seven Ways You Can Start Working Smarter

When it comes to working smarter and not harder, everyone knows the usual tricks: Manage your time, take strategic breaks, get enough sleep. And that's all good advice, but you've probably asked yourself if there's more you can be doing. After all, you're already using those strategies, and you still find yourself with more work than you can possibly do in one day. You're definitely going to want to try all of these.

- 1. Weigh Your Options** - Have a million items on your to-do list? Stop thinking you need to finish all of them—instead focus on the things that are crucial to your job performance and your company's success.
- 2. Write a Bad First Draft** - Half of the battle is getting started. So, instead of striving for perfection the first time around, aim to get something on paper, even if it's not your best work. Whether it's a presentation or an email, you'll be surprised at how much easier the editing process is when you return to it later.
- 3. Go Home When You're Behind** - As tempting as it is to buckle down and grind out all of that work, it's really setting you up for burnout in the long run. Take a break, get adequate sleep, and figure out a plan for how you're going to tackle things more effectively tomorrow.
- 4. Use Parkinson's Law to Your Advantage** - By giving everything in your schedule—no matter how small—a deadline, you're instantly freeing up time for other things.
- 5. Get Writing** - It's surprising how quickly you're able to solve problems when you can visualize them. Step away from your computer screen and start drawing.
- 6. Talk, Don't Email** - Give your co-workers, clients, bosses, and, yes, yourself a break from the dreaded inbox by finding a way to talk instead of email.
- 7. Prepare the Night Before** - When you wake up, the last thing you want to do is make big decisions about your workload and your schedule before your first cup of coffee has kicked in. Taking even 10 or 15 minutes to decide what you'll be doing the following day can make a huge difference in your workflow.

*Commit to the LORD whatever you do, and he will establish your plans.*  
(Proverbs 16:3)

(Retrieved from: [www.themuse.com/advice/kiss-your-long-todo-list-goodbye-7-ways-you-can-start-working-smarter-not-harder](http://www.themuse.com/advice/kiss-your-long-todo-list-goodbye-7-ways-you-can-start-working-smarter-not-harder))

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