



CONSTRUCTIVELY SPEAKING



J&S Completes Brad Paisley's Free Store

Country music star Brad Paisley and his wife, actress Kimberly Williams-Paisley, will soon be hosting the ribbon-cutting ceremony alongside Belmont University administrators to celebrate the grand opening of The Store.

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. 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.

Brad and Kimberly were inspired to get involved in the Nashville project after volunteering at a similar organization, Unity Shoppe, in Santa Barbara, Calif. 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. 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 4,000 square-foot grocery store contains 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 include polished concrete floors, pendant LED lighting and custom wood-framed signage. The facility's exterior is a mixture of brick and EIFS with an EPDM roof.

J&S Construction has worked alongside the Paisley Team on various partnerships and appreciates the opportunity to be a part of such an important project for the Nashville community. For more information, visit www.thestore.org.

TDOC's District 31 Selects New Site

The Tennessee Department of Correction's District 31 field office, currently located off of Neal Street in Cookeville, will be moving to a newly renovated, 15,000 square-foot site by the end of summer.

The improved venue will assist TDOC employees in better providing effective community supervision in order to enhance public safety to the established coverage areas: Clay, Cumberland, Dekalb, Jackson, Macon, Overton, Pickett, Putnam, Smith, Trousdale and White Counties.

At present, J&S Construction is working with both the building's owner and the State of Tennessee to design a new layout that will house more than 55 office employees, and include conference rooms, offices, a waiting area, miscellaneous support rooms, two break areas, an open-concept workstation area, and various restrooms. J&S crews will be responsible for providing an updated reconfiguration of various walls and spaces, and will install new finishes, cabinets, new bathrooms and zoned areas for tenant security.

J&S Construction was selected for this project due to the ability to fast-track the design and construction services to meet the client's tight delivery schedule. Design began in January, and the goal of permitting and construction is slated for March.



J&S CONSTRUCTION
COOKEVILLE, TN
1843 FOREMAN DRIVE
931.528.7475 (PHONE)
931.528.5997 (FAX)
www.jsconstruction.com

Historic Renovation Work Wrapped Up At Standing Stone State Park

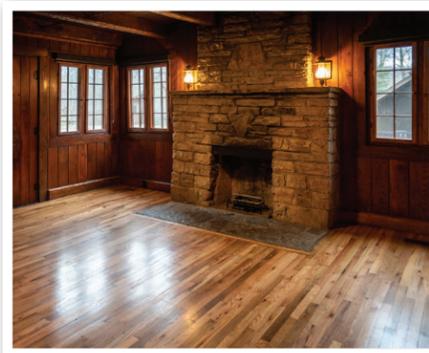
The State of Tennessee Department of General Services awarded J&S Construction a 300-day contract to repair and renovate historic cabins at Standing Stone State Park in Overton County. This project was the fourth contract J&S Construction has completed at the popular, rustic park.

J&S Construction was responsible for the renovations and repairs of deteriorated building materials to 10 historic cabins which were originally constructed in 1939 as a project of the Civilian Conservation Corps, the Work Projects Administration (WPA), the Resettlement Administration and the U.S. Forest Service.

All work was scheduled for completion in May 2020, but J&S Construction was able to reduce the overall schedule more than 50%, completing the project five months ahead of schedule.

Restoration work included framing, subfloor and finish flooring, cabinetry, electrical, plumbing fixtures, masonry, showers, light fixtures, paint and grading.

J&S Construction worked alongside Sparkman and Associates, the Designer of Record based out of Knoxville, to follow the Secretary of the Interior's (SOI) standards for the Treatment of Historic Properties. These standards promote historic preservation best practices that will help to protect our nation's irreplaceable cultural resources while providing guidelines for preserving, rehabilitating, restoring, and reconstructing these historic properties.



Cookeville's Eye Centers Of TN Expands

Eye Centers of Tennessee, an optometric group based in Crossville, is expanding its Cookeville practice, adding a new facility to the city's booming market as well as completing renovations to its current South Willow Avenue site.



The new 7,800 square-foot building will be located at Old Walton Road and Guardian Way just off Neal Street and across from Volunteer State Community College. The wood-framed, single-story structure will include HardiePlank® lap siding, a stone veneer wainscot, and a timber truss front canopy.

J&S Construction is currently designing an interior layout that will include a waiting area and coffee bar, optical retail space, two surgery rooms, several exam locations, administrative space for doctor's offices and other staff, and an employee lounge. J&S Construction looks to break ground on the eight-month project in early spring.

Crews will begin work in February on the existing facility to give an updated look with various interior improvements. All existing carpet will be replaced with new luxury vinyl planks, the entire building will receive a fresh coat of paint, and all countertops will also be replaced.

J&S Construction is proud to have completed more than 10 projects for the Eye Centers of Tennessee Team. With multiple locations across the Upper Cumberland, their services include eye exams, laser vision correction, cataract surgery, eye disease treatment, cosmetic treatments, glaucoma treatment, hearing loss and allergy treatment.

All in the Family

Birthdays

January

Larry Thompson.....	1/1
Spencer Mason.....	1/7
Hap Salyer.....	1/10
Mariam Nash.....	1/21
Robert Bean.....	1/22
Skip McDonald.....	1/22
Terry Garrett.....	1/24

February

Ben Salyer.....	2/13
Tom Thompson.....	2/13
Kota Goodwin.....	2/16
Jimmy Smith.....	2/19
John Adams.....	2/26

March

Marty Jackson.....	3/1
Shane Cole.....	3/6
Anna Dilts.....	3/10
David Wallis.....	3/11
Patrick Caughey.....	3/17
Johnny Foust.....	3/27
Andy Stites.....	3/30
Jack Stites.....	3/30

Anniversaries

Maggi and Spencer Mason.....	1/1
Suzanne and Hap Salyer.....	1/1
Mary and Jack Stites.....	1/4
Lindsey and Ryan Morris.....	1/6
Aurelie and Marty Jackson.....	1/7
Jensen and Brian Rohr.....	2/13
Sylvia and Shane Cole.....	2/14
Sandy and Gary Young.....	2/16
Kim and Ron Reading.....	3/17
Vicky and Buford Cole.....	3/21
Frances and David Albury.....	3/28

Congratulations for Births:

Kathy and Tom Thompson - Grandson
Born Oct. 27, named Henry Peter

Make Your Space Grand

As newer, more radiant healthcare facilities continue to pop up across the state, be aware there are various upgrades that can be made to your business that will keep residents and family members from wanting to look for new living arrangements.

A nationally known senior living provider continues to entrust J&S Construction with renovations to several of its sites. We have partnered with the organization to begin major updates to three facilities in Tennessee and Kentucky.

Simple changes such as the replacement of common area flooring, cabinets and tops can improve a facility's interior appearance in dramatic fashion. Removing dated wallpaper from halls and common areas while adding a new coat of paint is an inexpensive alternative that will automatically bring a room up to date. Replacing hallway and common area lighting with an LED fixture will provide more longevity while helping decrease your utility costs.

Upgrading your artwork and signage is a final touch you can provide that will ensure your complex gives a clean, fresh appearance to your occupants.

J&S Construction has the knowledge and expertise it takes to successfully update nursing homes, assisted living facilities and senior care facilities.

J&S Construction Honors Employees

J&S Construction recently honored team members for loyal years of service and commitment to safety at its annual employee Christmas celebration.

Employees gathered to celebrate the season, acknowledging fellow team members' dedication to the company while also observing more than one million man-hours worked without a lost-time incident, a company record.



Photo ID, from left: Kenneth (Skip) McDonald, 25 years; Ryan Williams, 20 years; Brittany Key, 10 years; and Carleton Benford, 5 years.



J&S Construction
Customer Evaluation Form
November 7, 2019

Project Name: **Truitt Ellis Façade Renovation - Mt. Juliet, TN** Project Number: **19-000976**

1. Please rate J&S Construction's performance on this project in the following areas:

	Delighted	Pleased	Satisfied	Disappointed
Quality of Workmanship	4	3	2	N/A
Communications	4	3	2	N/A
Scheduling	4	3	2	N/A
Job Site Appearance	4	3	2	N/A
Project Design	4	3	2	N/A
Attention Given to Your Project	4	3	2	N/A
Responsiveness of Project Managers	4	3	2	N/A
Responsiveness of Field Supervisors	4	3	2	N/A
Responsiveness of Salesman	4	3	2	N/A
Performance of Field Crews	4	3	2	N/A
Project Price	4	3	2	N/A

2. Of the following, which best describes your overall impression of J&S Construction's performance on this project: Delighted Pleased Satisfied Disappointed

3. Would you use J&S Construction for future projects?
 Definitely Probably Probably Not Definitely Not

4. Was your project completed within the required time? Yes No

5. What is the most important factor to you when choosing a contractor? *Response time*

6. When you think about the entire process of this project, is there any particular instance, person or situation that you recall being either positive or negative? *Ryan, Mount*

7. If you have used other construction companies in the past, how does J&S Construction compare? *Best*

8. Could you offer any ideas on how we could improve our level of service to our clients?

9. May we may publicize your response in future company publications? Yes No

If you have any additional comments, please use the back of this page.

Signature (optional): *[Signature]*

WHAT WE ARE ALL ABOUT

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.

Practicing What You Preach

"If you are not willing to follow your word, don't speak at all," is a common phrase which everyone out there should make an effort of following when you preach something to others. This phrase could relate to another phrase which goes like this, "do not preach water and drink wine."

There are a couple of lessons which we can learn from the people who are true with their word and are always ready to practice what they tell us:

Lesson 1: They Live A Life With No Regrets: Those people who practice what they preach in life have no regrets because they live to the best of their life. When you preach something and do the opposite, you might have a regrettable life which is unfair to you.

Lesson 2: They Are Trusted And Respected: Such people who are vibrant and honest with what they preach are trusted and respected by many people in life. If someone practices what he or she preaches to you, it would mean he or she is ready to take consequences which would follow, thus making them gain trust and respect.

Lesson 3: They Are Happy With Their Actions: Any person who is willing to practice what he or she preaches would live a happy life and will be happy with his or her actions. If you are not satisfied with your action, you cannot afford to practice what you preach to others.

Lesson 4: Most Of Them Act As A Role Model: People would likely take you as a mentor and also a role model when you practice what you preach to other people. Everyone will be willing to enumerate you and practice what you share with them.

In life, we meet different people whom we interact with and share moments. It is good to pick the words which we utter to such people and be ready to pay the ultimate sacrifice of practicing what we preach to such people. It is just simple to say but hard to practice.

Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. (Matthew 7:21)

(Retrieved from: <https://savvy101.life/practice-what-you-preach/>)

PRSRST STD
U.S. POSTAGE PAID
COOKVILLE, TN
PERMIT NO. 127

J&S Construction Company, Inc.
1843 Foreman Drive
Cookeville, TN 38501
(931) 528-7475

