



CONSTRUCTIVELY SPEAKING



U.S. Senator Marsha Blackburn of Tennessee presents LCpl Kevin Honaker with an American flag previously flown over the Capitol during Homes For Our Troops' Community Kickoff Event, held in Sparta, Tenn.

Photo Courtesy: AnnaMae Photography (Victoria Westmoreland)

J&S Celebrates a U.S. Hero with Community

The national nonprofit organization, Homes For Our Troops (HFOT) recently kicked off the building of a specially adapted custom home for Marine Lance Corporal Kevin Honaker, at Christpoint Church in Sparta, Tenn. LCpl Honaker was injured while honorably serving in Afghanistan.

The Community Kickoff event was open to the public, signified the start of the build process, and introduced LCpl Honaker to the community. The celebration consisted of various guest speakers, including U.S. Senator Marsha Blackburn of Tennessee, light refreshments, and a call to action to donate or to help further the mission. Additionally, all attendees were given the opportunity to sign and leave special messages on the wood studs that will be used in the construction of the home.

On Sept. 13, 2011, LCpl Honaker was on patrol supporting the 1st Battalion, 6th Marines, in Sangin, Afghanistan, when he stepped on an improvised explosive device (IED). The blast resulted in the loss of both his legs.

J&S Construction is honored to be selected as the builder of LCpl Honaker's home that will provide more than 40 major special adaptations such as widened doorways for wheelchair access, a roll-in shower, and kitchen amenities that include pull-down shelving and lowered countertops. The home will also alleviate the mobility and safety issues associated with a traditional home, including navigating a wheelchair through narrow hallways or over thresholds, or reaching for cabinets that are too high.

HFOT has built over 320 homes since the organization's inception in 2004. Homes For Our Troops relies on contributions from donors, supporters, and corporate partners for the building of each Veteran's home. To find out more on how to get involved or make a donation visit www.hfotusa.org. Read more about LCpl Honaker's story and watch his video at www.hfotusa.org/honaker.

New Site Coming for Maury Co. VA

It is no secret that large shopping malls have been on the decline, and the Columbia Mall of Maury County was no exception. The former 35-acre retail center sat nearly empty for years, but a large revitalization project is underway to transform the aging shopping center into a regional medical destination for surrounding residents. Maury Regional Medical Center has already occupied a large portion of the facility, and like-minded tenants have jumped at the opportunity to move to the city's new medical hub.

The Maury County VA Clinic, currently located on the north side of town, provides Primary Care, Mental Health, Dietician, Licensed Clinical Pharmacist, Social Work and Behavioral Health services to a long list of veterans. Over the years, the clinic has seen an influx of patients. The current site has no room to expand, preventing the clinic from completing its mission in providing more of the high-quality health care our veterans deserve.

J&S Construction will soon begin work for the clinic to upgrade 17,500 square feet of state-of-the-art office and clinical space adjacent to the Columbia Regional Medical Center. The updated space will include high-end finishes and ample space for future growth. This will be the seventh upgrade project J&S Construction has completed for a VA Clinic.



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Design a Facility Your Residents and Their Families Will Adore

When it comes to the design of an assisted living facility, it is important that your building interiors are not only functional and safe, but it is also essential that your facility is designed in a way that brings comfort to both your residents and their families.

Bailey Manor, a family-owned company that specializes and caters only to Alzheimer's and Dementia care, saw a need for its services in the Chattanooga market. Our expansive portfolio of senior care living facility ground-up projects and thorough renovation jobs provided Bailey Manor representatives the contentment of selecting J&S Construction as the design-build partner for its fifth Tennessee site, located in Hixson.

Each of Bailey Manor's communities are designed with a great deal of thought and planning to meet the specialized needs of Alzheimer's and Dementia residents, making their lives safer, less stressful and more meaningful. Bailey Manor prides itself on providing a comfortable, home environment to people with Alzheimer's and Dementia.

During the planning phases of building a new assisted living facility or renovating your current one, J&S Construction can work with you to help establish a construction budget based off of your needs, assist in keeping you aware of your budget at all times, and aide in establishing a plan to ensure the success of your project.

J&S Construction and Bailey Manor devised an accessible 23,000 square-foot layout that will feature 33 generous bedrooms and a beautiful, grand living space with coffered ceilings, a large fireplace and skylight. The facility will also come equipped with a spacious dining room, commercial kitchen, beauty shop and rehabilitation room. A secured exterior courtyard with lounge area will be located at the backside of the facility to provide a natural setting for residents to enjoy the lush landscaping and edible plants such as peach trees. There will also be an employee break room, office area, care station and state-of-the-art security system with keypad access control for entering and exiting.

Whether it's the lobby, dining area or residents' rooms, J&S Construction can assist in creating an attractive and comfortable interior that your residents and visitors will embrace. With products like window treatments, wood trim and more, we can guide you in creating an environment that feels just like home for your residents to cherish.



A Dream Come True for a Mom of Three

When Stephanie Hawkins, daughter to 20-year J&S veteran and Field Manager Ron Reading, reached out to the J&S office a few months back regarding volunteer hours required for her new Habitat for Humanity home, J&S team members jumped at the opportunity to lend a helping hand.

Habitat for Humanity is a non-profit program that offers affordable mortgages unique to each candidate's needs and requires the homeowners to complete sweat equity hours. Sweat equity hours include homeowner education classes, financial literacy classes, creating a budget, saving for home closing costs, working in the nonprofit's ReStore and doing construction on their home in the program. The J&S Family happily offered our talents as 'sweaty equity' to one of our own by hosting a J&S Team day at the Jake Hoot Drive site in Cookeville.

"I am just so happy my girls will finally have a yard to play in," Hawkins previously said to the *Herald-Citizen*. "God has been so good to me, and my girls are excited about their new house."

J&S volunteers arrived bright and early to see that previously scheduled work activities had been delayed due to rainy weather. The day's work quickly shifted from roof decking, doors and insulation to finishing up the top plate and installation of trusses. The work force promptly divided up into smaller teams: there was a crew that was constantly keeping materials close by; a cutting crew that was making all the cuts; and a framing crew that was installing all the materials.

Once the top plate was completed, it was time to install the trusses. A crane was scheduled for an 11 a.m. arrival, but J&S forces had already jumped ahead of schedule and were ready to install trusses. The work-force was large enough that they decided to install the trusses by hand. This effort allowed the crane to be cancelled, and the trusses were set in place just in time to stop for lunch.

J&S Construction and our employees strive to show a spirit of Servanthood in all that we do. We appreciate the opportunity that Upper Cumberland Habitat for Humanity gave our team in helping complete a dream home for Stephanie and her three daughters.

UC Habitat for Humanity offers many exciting volunteer opportunities in a fun, social, and educational environment. Everyone is welcome and no experience is required. Volunteers are needed now more than ever and crucial to their success!

If you or anyone you know would be willing to lend a hand with Habitat's ministry, visit www.uchabitat.org/volunteer for more information.



Stephanie Hawkins and family pose for a group shot while celebrating her future new home at the groundbreaking ceremony. (Photo Courtesy: Upper Cumberland Habitat for Humanity)



Many thanks to all the J&S Team Members who volunteered your time to help the Hawkins family!

All in the Family

Birthdays October

Bryan Cole.....	10/11
Kevin McCaleb.....	10/15
Carleton Benford.....	10/30
Dave Robinson.....	10/31

November

Joey McNeiece.....	11/04
Brett Thomas.....	11/06
Ron Reading.....	11/12
Steve McDaniel.....	11/25
Jesse Lawson.....	11/29

December

Ryan Morris.....	12/08
Michael Christie.....	12/13
Stefanie Stites.....	12/21
Tom Chrisman.....	12/25
Randy Cooper.....	12/25
Jerry Brown.....	12/29

Anniversaries

Shelene and Kyle Anderson.....	10/5
Elizabeth and Dave Robinson.....	10/13
Megan and Colin Long.....	10/14
Tammy and Skip McDonald.....	11/18
Katrina and Joe Muscarnero.....	11/24
Amy and Matt Julian.....	12/5
Mariam and Brett Nash.....	12/14
Lindsey and Tim Olivarez.....	12/18
Abby and Ryan Williams.....	12/21
Nita and Jimmy Smith.....	12/31

Congratulations - New Additions:

Kailee and Austin Billingsley - Daughter
Born Aug. 17, named Raelynn Rose

With Deepest Sympathy in the Loss of Loved Ones:

Buford Cole - Sister
Tom Chrisman - Sister-in-law

WHAT WE ARE ALL ABOUT

J&S Construction
Customer Evaluation Form
September 16, 2021

Project Name: **The Neighborhood at Tellico Village (Shear Wall Door) - Loudon, TN** Project Numbers: 21-000423

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	1
Communications	4	3	2	1
Scheduling	4	3	2	1
Job Site Appearance	4	3	2	1
Project Design	4	3	2	1
Attention Given to Your Project	4	3	2	1
Responsiveness of Project Managers	4	3	2	1
Responsiveness of Field Supervisors	4	3	2	1
Responsiveness of Salesman	4	3	2	1
Performance of Field Crews	4	3	2	1
Project Price	4	3	2	1

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? Scheduling within a tight timeframe & quality of work

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? All the J&S team have been positive.

7. If you have used other construction companies in the past, how does J&S Construction compare? I have been disappointed with so many others in the past, J&S have never let me down.

8. Could you offer any ideas on how we could improve our level of service to our clients? None

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

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

Signature (optional): file Smith ED

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Aphena Project Awarded Gold

TITAN Property Awards (TITAN) recently unveiled the results of the 2021 Season 2 winners of the inaugural season of its distinguished awards program to the public.

J&S Construction's renovation project, Aphena Pharma Solutions, was selected by a panel of judges as the TITAN Gold Winner in the Commercial Redevelopment / Renovation category.

The 500,000 square-foot renovation project has allowed Aphena to consolidate two of its three Putnam County locations into one, up-to-date facility while also accommodating future growth areas in biologic packaging, cold chain storage, and 3PL distribution services. Aphena recently hosted a ribbon cutting ceremony with city and county officials to celebrate the new "home and corporate headquarters" location on Chocolate Drive in Cookeville. Aphena officials look to be one of the top employers in the Upper Cumberland, hoping to employ more than 500 employees in the coming months.

The foundation of this award is to honor the industry's most notable creations in architectural design, interior design, property development, real estate, and marketing from across the globe.

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.

Becoming Your Ideal Self

Becoming the best version of yourself means getting back to your quintessential self. As straightforward as that sounds, it's anything but. Authentic self-discovery takes courage and tenacity. To approach your essential self, you must turn away from distracting false beliefs that cloud or distort your self-perception. When we only do things to satisfy others, we neglect our own interests and passions. Instead of comparing yourself and saying yes to others, what if you focused on being the best version of yourself? It's an ongoing journey.

Consider the traits you love most about yourself and traits that others love about you. This can be difficult for those of us who tend to be hard on ourselves. One of the most popular ways to grow is by surrounding yourself with good people. You're the average of the five people you spend the most time with. One of the most important parts of becoming the best version of yourself is to love yourself.

Habits and traits can be deeply rooted in our personality, and it can be challenging to change the way we think, act, or behave. Give yourself time and be proud of the changes you do make. Put 100% of your effort into being more of each: kind, patient, generous, courageous, disciplined and humble. This is your best self.

First, think about the best people you know. Not the happiest or most successful, though they may be happy and successful. But the best people. What do they have in common? Are they courageous or cowardly? Patient or impatient? Humble or prideful? Selfish or generous? Are they strong leaders who value hard work, or do they get by with the least amount of effort possible?

Now, think about your best self. Close your eyes and try to imagine that person. Not who you want to be, but the best person you are capable of being if you put 100% of your effort into being more kind, patient, generous, courageous, disciplined and humble. This is your best self.

Success is this: Becoming the best-version-of-yourself. Becoming the best version of yourself is a never ending journey. Humans make mistakes and are illogical, but we can always work on becoming better.

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. (Galatians 6:9)

(Retrieved from: <https://gracefulstory.com/psychology/how-to-reach-your-ideal-self>)

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