



CONSTRUCTIVELY SPEAKING



Aphena's New Home Ready for Production

Phase I renovations are complete at Aphena Pharma Solutions' new Cookeville site located at the former Russell Stover Chocolates fulfillment center on Chocolate Drive. 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.

J&S Construction coordinated with the building owner and Aphena, an industry-leading organization that provides contract packaging and manufacturing solutions for the pharmaceutical, consumer health and medical device markets, to customize alterations of a dormant site that was purpose-built for Russell Stovers' manufacturing and packaging operations.

J&S Construction was brought to the table early in the process and contracted with both the landlord and tenant to help coordinate both DESIGN and RENOVATION of their respective spaces. Having the design and construction for both parties under one roof enabled the project to have an abbreviated schedule, reduced cost, and gave increased flexibility for the landlord and tenant to make profitable changes as the project proceeded.

Nearly vacant for more than 15 years, the manufacturing plant was successfully transformed into a world-class, global headquarters that now includes elegant executive suites, conference rooms, a human resource extension, sizable training room, ample administrative space, 3,000 square feet of break room area, and a beautifully-landscaped outdoor courtyard area. Fully-functioning packaging suites were also integrated into the renovated production space that consist of the internal infrastructure required to ensure full-capacity, clean room space operations.

"This expansion is exciting news for Aphena, our customers and our communities," said Aphena CEO Shawn Reilley. "The Solid Dose Division and recent Liquids Division expansions will establish Aphena's position as one of the most diversified manufacturing and packaging companies in the pharmaceutical industry. These growth strategies will continue to offer our customers expanded project capabilities at every level, and it will create a very large employment opportunity, both in Cookeville and at our facility in Easton, Md."

Headquartered in Cookeville since 2002, Aphena employs more than 400 people in Putnam County. For more information, visit www.aphenapharma.com.

SAIC's Cookeville Hub Finalizing Site

Construction is underway for the final phase of renovations at SAIC's Technology Integration Gateway™ site, located at the Regions Bank building in the heart of Cookeville's historic West Side district. SAIC first occupied the building in 2017, pairing up with J&S Construction to update the 40-year-old facility into a modern space perfect for recruiting talent for a wide range of technology jobs, including roles in IT services, computer programming, and engineering and software development.

Prior to construction, J&S was contracted to work with SAIC's design team to provide substantial savings through J&S Construction's value engineering process. The first floor will be reconstructed from a tired banker's lobby into a sophisticated space that will include two generous conference rooms, three team rooms, and a game room. A spacious lounge area complete with appliances, vending machines and a bar area for seating will also be incorporated into the space. Six dimmable lighting zones will be added throughout the facility and an uninterruptible power supply (UPS) will also be installed helping ensure efficiency and productively for SAIC.

Once complete, J&S Construction will have been responsible for more than 45,000 square

feet of stylish upgrades to this site. For more information, visit www.saic.com.



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J&S Freshens TOA's Cookeville Location Ahead of Schedule

A good buildout is well thought out and planned accordingly to fit a determined budget and schedule needs for the owner. With the right plan in place, you can create an impressive space that is functional, highlights your brand, and is welcoming to your customers.

Tennessee Orthopaedic Alliance (TOA), the largest orthopaedic surgery group in Middle Tennessee, and HLM Investments which owns Premier Medical Park, recently partnered with J&S Construction to make some exciting enhancements to its Cookeville office at Premier Medical Park.

The J&S team helped create a sleek 5,800 square-foot space that includes a generous, stylish waiting area, new x-ray suite, assorted exam rooms, restroom facilities, physician stations, and break rooms. This project needed to be completed on an aggressive schedule and with care to not disrupt neighboring tenants still seeing patients and, in some cases, performing outpatient procedures.

The three-month project was successfully completed on time, and the space was turned over to the client ahead of schedule, allowing TOA to reopen to the public. This project is an exciting addition to J&S Construction's healthcare portfolio, and more information about additional projects can viewed at www.jsconstruction.com under our Medical Project Gallery.

TOA's team of physicians provides comprehensive orthopaedic care with expertise including sports medicine, joint replacement, spine, hand, wrist and elbow, foot and ankle surgery, shoulder surgery, pediatric orthopaedics, physical medicine and rehabilitation, and arthroscopy and trauma care.

For more information, visit www.toa.com.



J&S 'Excels' for Johnstone Supply

J&S Construction completed its third ground-up facility for Johnstone Supply, an industry-leading cooperative distributor of HVACR parts and products.

The 19,382 square-foot facility, located in Johnson City, Tenn., is a pre-engineered metal building with an upgraded exterior utilizing an insulated metal panel (IMP) system. The IMP system enhances the exterior appearance while also achieving higher R-values and a finished interior surface. When these systems are combined with energy-efficient LED lighting throughout the facility, the company will experience lower utility bills to assist with ongoing operations.

Johnstone Supply's newest Tennessee site includes office space, a showroom with exterior storefront glass, a large training room area, break room, restrooms, warehouse space, one dock and three ground level entry doors.

J&S Construction has finished more than 15 projects for the Johnstone Supply family over the last 20 years. With more than 425 locations across the U.S. and Canada, this facility will give Johnstone Supply the ability to serve another Tennessee county and provide exceptional care to HVAC contractors.

For more information, visit www.johnstonesupply.com.



All in the Family

Birthdays

April

Jason Ross.....	4/1
Emma Jean Puckett.....	4/23
Duane Riggins.....	4/26
Colby Langford.....	4/27

May

Colin Long.....	5/2
Joe Muscarnero.....	5/9
Bill Stephens.....	5/17
Nick Vaughn.....	5/30

June

Phil Adams.....	6/1
Ryan Williams.....	6/1
Mark Ford.....	6/4
Wayne Smith.....	6/11
Stephen Conley.....	6/18

Anniversaries

Tricia and Joey McNeiece.....	4/7
Kristi and Brian King.....	4/8
April and Mark Ford.....	4/17
Rose Marie and Wayne Smith.....	4/27
Kathy and Tom Thompson.....	5/5
Jenny and Josh Stites.....	5/6
Glenda and Robert Bean.....	5/12
Amy and Duane Riggins.....	6/3
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 on Matrimony:

Carleton and Nakeisha Benford.....	3/26
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With Deepest Sympathy in the Loss of Loved Ones:

- Ryan Morris - Father
- Wayne Smith - Mother

Emma Jean Puckett Celebrated in a Big Way (by Jim Herrin | Herald-Citizen)

Emma Jean Puckett didn't think much about it when the balloons and tents and bounce houses were being set up in the parking lot of J&S Construction.

"They're always doing something out there," she said before going about her daily business of keeping the books.

It was only when she noticed the sign announcing "The Inaugural Emma Jean Puckett Birthday Carnival" that she knew something was up.

Puckett has been with the company for 50 years, and, as it happens, also celebrated her birthday Friday, April 23.

"They were just a very small company back then," she said of the day she started. "Now, we've got computers and everything. All the good stuff. I never thought I'd stay here this long."

She admits the transition from old-style ledgers to the digital age was somewhat intimidating.

"Ledger sheets are so much different than computers," she said. "I was a little nervous when I first started with computers, but the accounting part is the same, and you've still got to do your work."

She said one of the reasons she's been able to stay for so long is that she always got along with the bosses.

"They're good people," she said. "I just thank the Lord for that. They've always been good to me from day one. I've never had any trouble at all. I've just tried to do them a good job, and in return, they have been good to me."

And what about retirement?

"They never have said nothing about me retiring, and they still don't," she said. "I'm just taking it day by day."



Emma Jean Puckett, center, celebrates her birthday and 50th anniversary as an employee among coworkers and friends. (Photo Courtesy: Herald-Citizen)



J&S Construction Customer Evaluation Form

February 25, 2021

Project Name: Johnstone Supply - New Facility - Johnson City, TN Project Number: 20-000333

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 Mostly government delays

5. What is the most important factor to you when choosing a contractor? Quality work completed within budget and on 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? That Dave got me all out to satisfy the customer.

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

8. Could you offer any ideas on how we could improve our level of service to our clients? no

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): Richard Crane

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.

Six Simple Ways To Inspire Others

Has anyone ever inspired you to change your life in a significant way that made you healthier, happier or more fulfilled? If so, you understand the difference that positive inspiration can make in a person's life. Inspiration is powerful, but it isn't easy. If you want to be a positive influence capable of inspiring your loved ones to become better versions of themselves, consider these ways to inspire people around you.

- 1. Care.** If you can't show a person that you genuinely care about them, do you think you will be able to inspire them? Show people you care in your words ("How are you today?") and your actions (small acts of kindness go a long way).
- 2. Be enthusiastic.** The saying "enthusiasm is contagious" is common enough to be cliché, but it's a cliché because it's true. Reflect enthusiasm every day to the people you are in contact with, and it will be returned ten-fold.
- 3. Earn trust.** Trust takes a long time to build, but it can be destroyed overnight. Don't take part in workplace gossip or unnecessary drama in your social networks, so you can be a positive influence that people are unafraid to talk to.
- 4. If it's not positive, don't say it.** It's easy to criticize people, but that doesn't mean it's the right thing to do. No one likes to be criticized, so if you don't have anything positive to say, don't say it at all.
- 5. Build people up.** Small compliments have a way of brightening any day, regardless of the dark shadows that may be overhead.
- 6. Stand your ground.** It's easy to let life-stress shake our foundation of inner-strength as human beings, but if you want to inspire people around you, learn to stand your ground through thick and thin. Show the people around you that even the worst of circumstances can be overcome with positive thinking, continuous improvement, and a never-say-die attitude.

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. (Hebrews 10:24-25)

(Retrieved from: <https://www.lifehack.org/articles/communication/20-ways-inspire-people-around-you.html>) - See site for additional tips.

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