

FALL 2012

J&F Construction & Development, Inc.

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MedFlight Responds to Regional Need with North-Central Ohio Helicopter Base

It was a privilege for J & F Construction & Development, Inc. to work in conjunction with MedFlight and Ohio Health during the construction and opening of their newest helicopter base in Galion this summer. A new, state-of-the-art EC 130 aircraft is based at Crawford County's Galion Community Airport, near the borders of Morrow and Richland Counties. The base serves north-central Ohio 24 hours a day and is staffed with highly trained pilots, critical care nurses and paramedics.

MedFlight President and CEO Rod Crane explained that the Galion base is part of a broader response and resource allocation plan. "We relocated MedFlight 1 to Fairfield County last year to better serve that region. Afterwards, some pre-hospital and hospital providers on our advisory boards and throughout the north central area asked that we evaluate Delaware, Morrow, Knox, Richland, Crawford, Wyandot, and Hardin Counties, to see if we could improve air response times. The Galion base ensures that patients and providers in north-central Ohio will have access to these same high levels of service.

As a hospital owned, non-profit company, our goal is to invest back in Ohio, especially in regions that may be underserved by critical care medical helicopters."

MedFlight is owned by OhioHealth (Grant/Riverside Methodist Hospitals), Wexner Medical Center at The Ohio State University, and Akron General Medical Center. MedFlight transports scene trauma to the closest Level 1 Trauma Center. Additionally, MedFlight honors physician-to-physician requests for receiving hospitals across Ohio.

As part of the new helicopter base roll-out, MedFlight will provide landing zone safety lectures and outreach education visits to pre-hospital and hospital agencies in the area.



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Holiday Health Tips

Follow this advice to enjoy a little holiday indulgence without sacrificing your health goals.

Relax. You won't gain 10 pounds. It's a misconception that you'll go up a pant size in January. The average person gains only about a pound during the weeks between Thanksgiving and New Year's. That's no excuse to eat your way through a plate of cookies. (After all, gaining one pound every year can add up.) But people who had an attitude of forgiveness and self-compassion after one setback are less likely to give up and keep bingeing. So if you lose control with a dish of buckeyes, don't think, I've blown it. Might as well move on to the fudge. Just forgive yourself.



Don't let late nights make you fat. People who sleep less over time tend to be heavier. But it doesn't take long for the cycle to start. If you pull one all-nighter or miss a few hours each night over a week, your body releases hormones that prompt eating and weight gain.

Turn down Aunt Jan's pie. It's better to sit with a little guilt than to overeat just to please loved ones. If you can't say no to Jan's face, try "Maybe later," then hope she forgets.

Give yourself a break from the gym. The number of people who exercise regularly is lower in December than at any other time of the year. So don't beat yourself up—you're not the only one who's too busy for that workout. But try to stay active in other ways. Speed-walking with shopping bags, or add toning when cleaning by tightening your core muscles as you vacuum or reach for scattered toys. And most important: Get back into your regular exercise routine once the holidays end.

Always Keep Your Cool

Now, that may seem obvious to some, but there are many times people lose their cool. Sometimes you might think it is necessary to prove a point or to emphasize something. However, rarely is an uncontrolled outburst ever a good thing.

Keeping your cool doesn't mean sitting there quietly being stoic about everything. It does mean always being in control of your emotions and your actions. It is perfectly okay to be passionate about an idea, but resist the temptation to become overly and overtly boisterous about it. Losing your cool will cause others to avoid you and lose respect for you.

At times, in the heat of battle, voices will need to be raised and gestures will need to become exaggerated. We should use our voice volume, tone, and pitch to better communicate. Be conscious of your voice and how it comes across to others. Good politicians have this skill nailed. In our culture, people are more likely to respect and believe someone who speaks in a controlled manner.

The same goes for gestures. Gesturing is necessary to help you communicate and as such, keep your gestures in control. A firm fist to the table can provide emphasis to a point you are making.

The key is to learn from mistakes. Understand the messages you are sending. Remember, you want people to think of you as someone they would want to work for or as someone they want working for them.



Ohio Day-Trips

Upper Sandusky Fantasy of Lights

Harrison Smith Park
525 East Wyandot Ave.
Upper Sandusky, Ohio 43351

Suggested Donations:

Cars - \$5.00; Commercial Vans - \$15.00;
Tour Buses - \$50.00

December 1st - 30th

Friday, Saturday & Sunday 6 p.m. - 10 p.m.
Monday - Thursday 6 p.m. - 9:30 p.m.

Since 1997, Harrison Smith Park, just east of downtown Upper Sandusky, is transformed into a fabulous light show for the month of December. Through the volunteer efforts of many individuals, organizations and businesses, the 33 acres of the park are ablaze with millions of lights and a myriad of unique light displays along the drive through the park. Proceeds benefit a local charitable organization that is selected yearly.



Holiday Fantasy of Lights at Alum Creek

Alum Creek State Park Campgrounds
2911 S. Old State Rd.
Delaware, Ohio 43015

November 16th - January 1st

Mon - Thurs (excluding Dec 17-20, 24, 25)
5:30pm - 9:30pm: \$10

Mon - Thurs (Dec. Dec 17-20, 24, 25):
5:30pm - 9:30pm : \$15

Fri & Sat: 5:30pm - 10:30pm: \$15

Sundays & Dec. 17-20, 24, 25:

5:30 - 9:30pm: \$15

Limos, Large Vans, and Motorhomes: \$20

Motorcoaches up to 30 people: \$30

Buses and Large Motorcoaches: \$60

Visitors can also visit with Santa at the Cross Creek Camping Resort and take pictures with St. Nick. All are invited to warm up with free cookies and hot chocolate. Partial proceeds benefit Recreation Unlimited.

Fast Facts



- The lightning that we see actually goes from the ground to the sky in what is known as the “return stroke” at 1/3 the speed of light. We can’t see the initial “stepped leader” that passes from the sky to the ground.

- It’s widely known that Alexander Graham Bell beat Elisha Gray to the patent office by a mere two hours with his application to patent the telephone. However, ten years after Bell’s patent was issued, patent examiner Zenas Wilber admitted in a sworn affidavit that he had taken a \$100 bribe from Bell, had taken a loan from Bell’s patent attorney, and had given Bell the complete details of Gray’s caveat. Hmmm....

- Why do ostriches bury their heads in the sand? They actually don’t. In a study of 200,000 ostriches over a period of eighty years, no one reported a single case where an ostrich buried its head in the sand (or attempted to do so).



- Did you ever wonder what the WD in WD-40 stands for? The name was lifted right out chemist Norm Larsen’s laboratory notebook. Way back in 1953, he was trying to concoct an anti-corrosion formula, which worked on the basic principle of displacing water. On his 40th try, Larsen finally got it right. Hence the name WD-40. It literally means Water Displacer, 40th try.

Top 3 Ways to Make Your Money Work for You

It is important to realize that money is a tool that can help you to achieve your goals. In order for you to reach true financial independence, you need to have your money begin to work for you. Here are three things you can do to start making your money work for you.



1. Budget - The most important way to change the way you handle your money is to budget. By assigning each dollar to a category, you are controlling where your money goes and what it does.
2. Get Out of Debt - Do you know how much money you are paying in interest each month? How much of your monthly budget is being eaten up by student loans, car payments and credit card bills? If you could take all of that money and put it into retirement, it is amazing at how quickly you could save for your retirement and other things that you want. Debt often becomes a burden and limits the choices that you can make. One of the best things you can do with your money is to get out of debt and stay out of debt!
3. Save Your Money - Once you have freed up all that extra money from paying off your debt, you need to begin saving aggressively. There will be a point when the money you have will earn more than you do in a month. This takes quite a bit of money, and in order for this to happen you need put a large amount away each month. Once you have a six month emergency fund saved, you will need to begin investing your money. Additionally, saving money can help you be prepared to handle the ups and downs that will happen throughout your life.

Don’t Sweat the Small Stuff

Do Something Nice for Someone Else and Don’t Tell *Anyone* About It

While many of us frequently do nice things for others, we are almost certain to mention our acts of kindness to someone else, secretly seeking their approval.

When we share our own niceness or generosity with someone else, it makes us feel like we are thoughtful people, it reminds us of how nice we are and how deserving we are of kindness.

While all acts of kindness are inherently wonderful, there is something even more magical about doing something thoughtful but mentioning it to any one. You always feel good when you give to others. Rather than diluting the positive feelings by telling others about your own kindness, by keeping it to yourself you get to retain all the positive feelings.

It’s really true that one should give for the sake of giving, not to receive something in return. This is precisely what you are doing when you don’t mention your kindness to others — your rewards are the warm feelings that come from the act of giving. The next time you do something really nice for someone else, keep it to yourself and revel in the abundant joy of giving.

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What's Happening. . .

Major Projects Under Construction and/or Recently Completed

Akbar Properties LLC
New Urgent Care Facility
Mansfield, Ohio

Covert Manufacturing
Building Addition
– Recycling Facility
Loading Dock
Galion, Ohio

Ohio Medical Transportation Inc
dba MedFlight of Galion
New Construction
Galion, Ohio

Henderson Truck Equipment Inc
Building Addition
Bucyrus, Ohio

Atlas Bolt & Fastener
R & D Lab
Ashland, Ohio

Bucyrus First Church of the Nazarene, Inc
New Worship Facility
Bucyrus, Ohio

Eitle Farms
AG Building
Attica, Ohio

The Ohio State University
Mansfield Campus - Greenhouse
Mansfield, Ohio

POET Biorefining
Steel Erection Services
Marion, Ohio

Ohio Mutual Insurance Group
Annex Building Addition
Bucyrus, Ohio

Next Generation Films
New Manufacturing Building
Addition & Renovations
Lexington, Ohio

Ryder Heil Bronze Inc
Machine Shop Office
Bucyrus, Ohio

Fresenius Medical Care
Kidney Dialysis Treatment Facility
Trotwood, Ohio

Milliron Industries Inc
New Building - Recycling Facility
Mansfield, Ohio

Akbar Properties LLC
New Urgent Care Facility
Ashland, Ohio

Surfside Motors Inc
Craig Smith Auto Group
GM Expansion & Renovations
Galion, Ohio

Imasen Bucyrus Technology
Parking Lot Expansion
Bucyrus, Ohio

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