

The Dow Smithsonian

A newsletter for clients, colleagues, and friends of Dow Smith Company, Inc.

Spring 2022

Does Your Building Help You Fulfill Your Mission?

At the Greenhouse Ministries ribbon-cutting ceremony in January, the organization's Board President Jon Trout led the crowd in a prayer.

He said, "This building is made of bricks and mortar and all sorts of stuff. We're here because of what this building can do. This building is an example of hope. It's an example of future and light."

He's exactly right.

Simply put, we design and build churches, medical facilities and commercial buildings. While we know these buildings are just "stuff," we design and build them to be alive, filled with energy, activity, and purpose. A key part of any project—big or small—is making sure that our clients have the right building for their mission.

In the case of Greenhouse Ministries, we're talking about a two-story, 25,000-square-foot building across the street from their current building in downtown Murfreesboro. And as Mr. Trout said, it's just bricks and mortar—but those bricks and mortar are helping Greenhouse Ministries change lives.

At Dow Smith Company, we understand the critical role the right building can play in achieving your goals. **"Here is the church, here is the steeple, open the door and see all the people"**

We understand that every dollar spent on the construction of the facility is a dollar that won't be spent on ministry, mission, or staff. With this in mind, we help pastors, elders and congregations ensure that every dollar spent on their building is spent wisely.

"Working with churches really is a calling," says DSC President Dow Smith. "You can't fake it. You've got to be able to go beyond a smooth, slick PowerPoint presentation. You've got to be able to



At Dow Smith Company, we are passionate about understanding the critical role the right building can play in helping you fulfill your mission.

understand how churches work and don't work. It involves patience."

As churches grow, we're excited to work with them to expand. But that, too, comes back to mission. A bigger building should better serve the needs of the current congregation as well as future parishioners.

As New Vision Baptist Church has turned to Dow Smith Company to help them expand over the years, Executive Pastor Greg Freeman says he has always felt very comfortable with Dow Smith Company, particularly because of Superintendent Joel Tellez.

"As a church, we have different times and different hours," Freeman says. "I know the work they did with us was more difficult than a new build. They were exceedingly responsive to our needs. He was very attentive to minimizing the impact to the ministry and the staff. He cleaned up regularly. I think that's just what he does and how he operates."

"Healthy, wealthy, and wise"

Healthcare design and construction is complex and highly-specialized. Our process begins early to determine needs, budget, and timeline. We are well-

versed in the requirements and standards necessary to build facilities patients are comfortable in and owners are proud of. And, we understand that doctors, nurses, and practitioners need to continue to serve patients without disruption to their daily schedule.

We're currently at work on a new 75,000-square-foot steel-framed facility for Murfreesboro Medical Clinic (MMC) on the corner of Shores Road and Birchtree Drive off Veterans Parkway. The three-story, multi-specialty medical practice will include an out-patient procedure suite.

"I want MMC to provide the most amazing care we can because we're caring for my family, my friends, my neighbors. I want to be able to, without hesitation, recommend our care to anybody with whom I come into contact," says MMC CEO Joey Peay.

To achieve this goal, Peay says MMC needs to continue to expand beyond its main campus on Garrison Drive. Our first project with MMC was back in 2008—a 1,400-square-foot build-out on Lascassas Pike that is still in use. Next, we completed a tenant build-out for MMC's 17,000-square-foot space at The Fountains.



Aim For The Right Target

Your organization won't grow unless you and your team are working toward goals. Setting the right goals, though—goals that will inspire and motivate—is crucial. Aim for goals that are:

- **Quantifiable.** You should be able to measure success in objective terms so everyone can see the value of your efforts.
- **Challenging.** If it's too easy, chances are your objective won't have significant impact on your organization.
- **Business focused.** Set a goal that supports your organization's agenda, not one that just makes you or your department look good.
- **Realistic.** Although challenge is important, pursuing an impossible dream will result only in a morale-crushing letdown.
- **Flexible.** Don't back yourself into a corner. Although you don't want to adjust your goal to suit your results, be willing to modify your ambitions if circumstances yank your original objective out of reach.

Still A Champion

Charlie Boswell was an all-American athlete who was offered professional contracts in both football and baseball. But when WWII erupted, Charlie enlisted in the military and was assigned to a tank division.

During a battle in Europe, a shell hit Charlie's tank. As the tank burned, he made sure everyone else got out safely, but then a second shell hit, throwing him 50 feet, breaking his bones and burning his body.

After a week-long coma, Charlie woke up in a hospital and learned that he'd be blind for the rest of his life. Refusing to be discouraged, he worked hard at his rehabilitation, learning to live in a world of darkness.

One day a friend came to visit him. "Would you like to play some golf?" he asked. "How in the world can I hit a golf ball when I can't even see it?" Charlie asked, but the friend was persistent. He took Charlie to a golf course, showed him how to hold and swing a club, and let him hit the ball.

Charlie's first drive traveled 200 yards straight down the fairway.

Charlie began training, and slowly his abilities improved. Ultimately Charlie won a world championship, shooting a 38 on nine holes.

The moral is: There is always an alternate route if you just have the will to find it.

NASA Probe Touches The Sun

For the first time, a spacecraft from Earth has touched the edge of the sun's corona, spending five hours in direct contact with the sun's plasma, the *Science Daily* website reports. The craft, NASA's Parker Solar Probe, entered the Alfvén Critical Surface, where the sun's gravitational and magnetic forces control solar wind and where sudden reversals of the magnetic field, known as switchbacks, emerge from the sun.

The Parker Solar Probe made three separate passes above and below the Alfvén Critical Surface during the mission. NASA scientists observed fewer switchbacks below the Alfvén Critical Surface than above it, which could mean that switchbacks don't actually form within the corona. Researchers also found that the Alfvén Critical Surface is wrinkled, with the largest and most distant wrinkle produced by a pseudostreamer—a large magnetic structure more than 40 degrees across—pushing the surface away from the sun for unknown reasons.

SPEED BUMP

Dave Coverly



More People Sought Mental Health Care During The Pandemic

The COVID-19 pandemic took a toll on people's mental health. That's no surprise, but the good news is it suggests that more Americans may be open to seeking mental health care.

The number of psychologists who reported receiving more referrals in 2021 nearly doubled from 2020 (from 37% to 62%). Almost 7 in 10 psychologists (68%) with a waitlist reported that it had grown longer since the start of the pandemic.

The National Health Interview Survey (NHIS) found that the percentage of adults who had received mental health treatment in the past 12 months rose from 19.2% in 2019 to 20.3% in 2020—almost one in five people. Of those seeking mental health assistance, 16.5% received prescriptions for medication, and 10.1% got counseling or therapy. The survey found that older people tended to get medications, while younger were more likely to seek counseling. Women were more likely than men to seek out mental health care.

Make The Ripples Stop

A troubled monk went to his Abbott for guidance. After listening intently to his problems, the Abbott asked the monk to join him on a walk.

They arrived at a pond near the back of the monastery. The Abbott asked the monk to pick up a stone and toss it into the center of the pond. The monk complied.

"Now," said the Abbott, "as the ripples come closer to the shore, stick your finger in the water to try to stop them."

The monk tried, but as he stuck his finger in the water, he just created more ripples. Confused, he looked at his mentor. "Abbott, I can't. My actions just cause more ripples."

The Abbott smiled. "So, you cannot stop the ripples?"

"Correct," said the monk.

"But could you have stopped yourself from tossing the stone into the pond in the first place?"

Often we spend a lot of time trying to get rid of a problem instead of fixing what's causing it. Trying to treat the symptom is like trying to stop the ripples. However, if you eliminate the actual cause of the problem, the ripples go away altogether.

"The difference between ordinary and extraordinary is that little extra."

—Jimmy Johnson

Protect Your Security When You Travel Near Or Far

Business and personal travel are coming back after the pandemic. If you haven't gone out of town in a while, you may need a refresher course on staying safe and secure on the road. Here's some guidance from the *Travel Daily News* website:

- **Choose the right room location.** Request a room between the third and sixth floor. It's high enough that burglars can't easily climb up onto a balcony and get inside, and low enough for firefighters to reach you in an emergency.
- **Bring a "go bag."** Pack a small bag with essentials—important documents, some cash, water, some nonperishable snacks—that you can grab if you have to leave your hotel quickly because of an evacuation for fire, an earthquake, or some other disaster.
- **Pay attention to your surroundings.** Identify exits immediately whenever you walk into a new environment. When you check in to your hotel, take a look around the lobby for anyone watching you suspiciously. In the hall outside your hotel room, take note of what direction the nearest stairwell is, and how far down the hall you'll have to go to get to it. It's a good idea to count the number of doors between your room and the exit. In the event of a fire or other emergency, you may not have good lighting and may need to crawl to the nearest exit counting doors as you go.
- **Pack a doorstop.** This can be the most important item you can bring to protect your safety. Don't depend on the hotel's own locks to keep your door secure. A simple doorstop wedged under your door can stop or slow a would-be intruder, giving you time to call the front desk or the police. You can even buy them with a built-in alarm.
- **Only use password-protected Wi-Fi networks.**

This tip is important, especially if you're traveling abroad. Other countries may not have the same regulations on public Wi-Fi as the U.S. does, so choosing a password-protected network, like the ones offered at most major hotels, is likely your safest bet if you need to access the Internet while traveling.



Test Your Knowledge

1. How old was King Tut when he died?
 - a. 6
 - b. 12
 - c. 19
 - d. 28
2. Where was gunpowder invented?
 - a. Morocco
 - b. China
 - c. Germany
 - d. Sri Lanka
3. King Henry VIII had a collection of more than 6,000 what?
 - a. rings
 - b. handguns
 - c. paintings
 - d. wigs
4. Which ocean is surrounded by the "ring of fire"?
 - a. Arctic
 - b. Atlantic
 - c. Indian
 - d. Pacific
5. Which country has, on average, the tallest men?
 - a. The United States
 - b. The Netherlands
 - c. Japan
 - d. Brazil

ANSWERS: 1. c; 2. b; 3. b; 4. d; 5. b

—How Stuff Works

Your Mission...

MMC's first big expansion, which we completed in 2019, was a 30,000-square-foot facility on Shelbyville Pike. The new building off Veterans Parkway will be more than twice that size.

By the time the new MMC facility opens, Peay will have worked with Dow Smith Company for more than 15 years.

"What I have found in Dow Smith Company is a group of individuals who are my friends and at the end of the day, I trust them," Peay says. "It's great to have relationships, especially in building, with people you know and trust. You know they're going to do quality work. That's a given. But then to be able to look each other in the eye at the end of the project and know that we can move on to the next project."

"And one to grow on"

Last year, Dow Smith worked with long-time industry partner and well-respected site/utility contractor Moody Excavating, LLC on their new 3,000-square-foot wood-framed structure in Christiana, Tennessee. Moody provides mass grading activities

and utility infrastructure for subdivisions for local residential developers and small commercial jobs.

Project Manager Aaron Fisher and Superintendent Nate Pfeifer worked diligently with the Moodys and county officials to maximize the building's size while maintaining the budget and meeting the owner's needs.

The building isn't just a place of business. It's home to a family's legacy. That's why Rusty Moody and his sons, Jeremy and Jeff, were so precise on every detail. From floor plans to finishes, they wanted to get it exactly right. The building has a welcoming lobby, plenty of office space, a spacious kitchen and a comfortable conference room with a wall that is decorated with a mural and pictures that tell the company's history. It also has a second floor—so that Moody's can continue to grow.

"It was humbling," Jeremy says. "Dow Smith Company's guidance on helping us choose and optimize the building space really allowed us to design the space that we have here."



205 Sam Hager Street
Smyrna, Tennessee 37167
www.dowsmith.com

PRSRT STD
US Postage
PAID
Merrimack, NH
Permit No. 20



MMC's new medical office building is currently under construction.

Project Updates

- **Smith Dental** - East Nashville - 3,000 sf Interior Build-out
- **Seven Oaks** - Smyrna - New Construction of Building H
- **Scruggs Dental** - Murfreesboro - 2,400 sf Interior Build-out
- **MMC Veterans Parkway** - Murfreesboro - New Construction - 75,000 sf Medical Facility
- **Jaymes Academy** - Murfreesboro - New Construction - 10,000 sf Daycare
- **Puckett Creek Station 1** - Murfreesboro - New Construction - 7,000 sf Building
- **Northside Baptist Church** - Murfreesboro - Major Interior Renovation
- **North Boulevard Church of Christ** - Murfreesboro - New West Campus Building

