

METRO MESSAGE

APRIL 2018

VOL. 19 NO. 2



SOUTHWEST REGIONAL
MEDICAL CENTER

SOUTHWEST REGIONAL ANNOUNCES

HOSPITAL RENOVATIONS

Metro's work includes replacing air handling units, retro-fitting controls, a new 500-ton chiller, new pumps and cooling tower.

"Going Further so you don't have to" is part of the advertising motto of this community hospital located in rural southwest Mississippi. McComb is just far enough from the metro Jackson market and south Louisiana to justify a number of medical service offerings.

This 165-bed facility offers acute care, outpatient surgical treatments, maternity as well as the more advanced treatment of cancer and cardiac care. They are pleased to note their nursing staff averages more than ten years on the job. For the most recent reporting year, Southwest reported revenues of almost \$350 million and 5500 patients discharged.

In a time when big city hospitals continue to expand and offer the latest in medical technology, Southwest has a firm foothold serving a large multi-county area of the state.

Metro is presently working as the prime contractor for the hospital performing a number of renovations to the central plant. We are replacing 16 air handling units, retro-fitting controls for all air handlers, replacing a 250-ton chiller with a larger 500-ton unit, new pumps and cooling tower. In addition to mechanical equipment, we are providing electrical switchgear and circuits.

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FIRST BAPTIST CHURCH



COVINGTON ★ LOUISIANA

Over a year of construction has resulted in a beautiful facility for this large congregation in Covington, LA. Donahue Favret Contractors was the general contractor for this church addition. The first service was held March 11 and was a great day of celebration for FBC Covington. Metro's work included two 170-ton chillers and 240 tons of packaged A/C equipment for this 160,000 square foot addition.

NORTH PIKE UPPER ELEMENTARY



SUMMIT ★ MISSISSIPPI

Mac's Construction of Hattiesburg is the general contractor for a school addition for the Pike County School System. This is a 49,000 square foot addition for this elementary school. Our crews are performing all plumbing and HVAC for this project including a VRF system with a single condensing unit and 42 cassettes, outside air, make-up air and kitchen ventilation.

MSU SCHOOL OF ARCHITECTURE



JACKSON ★ MISSISSIPPI

Mississippi's only curriculum for a professional degree in architecture is at Mississippi State University. The fifth-year program is located in the Jackson Center on Capitol Street housing a library, gallery, and studios.

Metro is the prime contractor for this renovation including a new roof, rooftop A/C equipment, boilers, pumps, controls, and some minor general construction.

CAMELOT AT NORTH OAKS



PONCHATOULA ★ LOUISIANA

Donahue-Favret Contractors is the general contractor for this new construction of a skilled nursing facility on the Northshore. With 75,000 square feet, it has living space for 155 residents. The HVAC package includes PTACs for resident spaces and the common space will have outside air units and packaged roof top units.

METRO BUILDING SERVICES: A SIGN OF SPRING



METRO BUILDING SERVICES

Pollen is in the air and we have already seen high 80s during the day. The stress of real heat is quickly approaching. Last year, our preventive maintenance base grew by 25% for contract customers.

What are the benefits of being a contract customer?

- 1 Guaranteed quicker response time.
- 2 Preferential scheduling for any services.
- 3 Discounted rates for regular services, emergency services, and replacement needs.

But, it is not just about saving money. Regular maintenance pays off in spades for the building owner. Less breakdowns, small troubles corrected before they become BIG troubles, and a more efficiently operating system are just a few benefits. Call us today for a free quote to help you start saving today.

THE SAFETY CORNER: A TASK NEVER COMPLETED



For the fourth year in a row, our workers comp experience mod has decreased for the Metro team. We are very proud of the many efforts by so many in leadership to reach this milestone. In the construction marketplace, we are reminded all too frequently of the dangers of working heights, heavy equipment, crane lifts, and a host of other hazards.

It is not luck to have and maintain minimal lost time accidents in this industry. Hardhats, eye protection, hearing protection, and gloves are only one piece of the safety equation. Training takes time; meetings interrupt part of workweeks; inspections require another form to complete. All of these are processes with an endgame of positive results.

It is a task that is truly never complete. For the superintendents, job foremen, and to our Safety Director, Lamar McPhail, congratulations on keeping the drumbeat going and going. Let's make it five decreases in a row.



BY: RICK WHITE

DESIGN CONSTRUCTION SERVICE

MY VIEW: RIDING THE ROLLER COASTER

Whether you are a fan of roller coasters or not, there is a certain thrill when you head downhill faster than gravity would normally carry you. It's the stomach in the throat feeling that you either love or hate. Our family has done Space Mountain in DisneyWorld enough to confirm us as fans.

The business world can also be a roller coaster of an entirely different variety. Circumstances just come out of left field and you are in the middle of difficulties you did not see coming. One sideways job, a blown estimate, weather, scheduling, our own labor management, or other unforeseens just happen in the construction world.

How do you compensate? Like the roller coaster, some days you just hold on until the direction changes. But, realistically, proper planning takes a lot of bumps out of the ride.

- Know what is in your wheelhouse and specialize
- Break away from the crowd (don't try to beat 11 other competitors on bid day)
- Everyone has a sweet spot (maybe the largest project in the area is not for me)
- Don't outrun your capabilities (labor has a defined limit)
- Keep a little money left for seed (savings, credit lines, etc.)

Does this mean I am an expert and have it all figured out? By no means! Last year was a roller coaster ride for many reasons noted above. We have come out of the turn and have the largest backlog in company history. Construction is in the busiest season we have seen in several years. Both service departments (HVAC & Plumbing) are in double digit growth. Hold on – we are ready to head uphill for a while.

EMPLOYEE SPOTLIGHT: ADAM SHIFLETT MARKS HIS 20TH YEAR



FRANK WHITE, ADAM SHIFLETT & SCOTT SHIFLETT

Adam Shiflett began his career with Metro back in 1998 as a helper in our refrigerant piping/start-up/controls department. Twenty years later, he is a project manager over some of our largest construction projects.

Adam was recruited by his dad, Scott who began his career with Metro in 1994. Over the years, he has displayed a strong work ethic, a willingness to listen and learn, and now is helping to train a new generation of workers. We are proud of his many accomplishments and contribution to Metro over these two decades.

He lives in Raymond with his wife Michele and daughter Emery.

METRO'S 25TH ANNIVERSARY

fish fry
FRIDAY, APRIL 20
11:00 AM

On Friday, April 20 at 11:00 am, the Metro management team again rolls out the red carpet (we actually just sweep and clean up real good) for our largest annual event to thank our customers and associates for their business. Our Company is able to prosper only because of great relationships with contractors, other clients, industry professionals, vendors, and those who help us in various support roles.

Our team commits this day to personally cook, serve, and clean up afterwards. There are companies out there who will cater such events, but we enjoy the personal touch of service and making this a "Metro Original". Come, visit, and enjoy a great meal. This is for you.

Metro is now in its 25th year of business and we are indebted to so many who made this possible.



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MANAGEMENT TRAINING: LEADING THE LEADERS



For virtually everyone at Metro, training is a regular and important part of growing and learning more about technical issues, job safety, and personal development. Patrick Pierce of Ross & Yerger Insurance recently held a seminar for our management team on interpersonal skills and recruiting.

Building a stronger team is a continuous process and people skills are among the most difficult to master. We live in a complex business world requiring more knowledge than ever before. Thanks to Ross & Yerger for helping Metro stay abreast of the latest in personnel and insurance matters.

UPCOMING PROJECTS

Q2 2018

CRAWFISH AQUATICS
Prairieville, Louisiana
with Lincoln Builders

REGIONS BANK OPERATIONS CENTER
Hattiesburg, Mississippi
with Brasfield & Gorrie

HAMMOND STORAGE UNITS
Hammond, Louisiana
with Kent Design + Build

MORRISON HEIGHTS BAPTIST CHURCH
Clinton, Mississippi
Metro as Prime Contractor



HAPPY EASTER

In this season of Easter,
we celebrate a Risen Savior.

"Do not be afraid, for I know that you seek
Jesus who was crucified. He is not here,
for he has risen, as He said."

Matthew 28:5-6