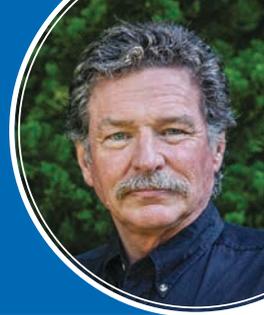




Hughes News

Building Space For Business Since 1981 • Fall 2015



A Moment To Reflect During This Busy Time

We would like to take this opportunity to say “thank you” to our many customers, consultants and subcontractors who have supported and collaborated with us this year.

Everyone here at JHC truly appreciates your commitment, and we all recognize that the reason we are able to consistently deliver value and quality is because of the great success that is driven exclusively by you!

As the building industry continues to gain momentum, please take a moment to stop and inhale—there is more to come as the revitalized market continues to bring the visions into reality.

We look forward to working with you on future projects.

A unique dining experience, wine tasting and office space... all in one building!

Near photo: KAOS 1882 Grille, and far photo: KAOS The Barberry, McMinnville, Oregon



KAOS Building - Completed June 2015: This 13,000-square-foot, mixed-use building captures the essence of a Rocky Mountain get-away and includes two restaurants: The 1882 Grille on the top floor and The Barberry on the ground floor, plus a wine tasting room and office space on the second floor. All of the wood cladding is recycled wood from a building that was originally onsite. The tables and chairs were also constructed from recycled materials.



GENERAL CONTRACTOR/DEVELOPER/DESIGN-BUILDER

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Five Questions About Plastics

- 1) What was DC Comics superhero Plastic Man's nickname when he was still known as safecracker/street thief Patrick O'Brian?
 - a) Eel
 - b) Snail
 - c) Oyster
 - d) Squid
- 2) In what film was Dustin Hoffman pestered at a party by Mr. McGuire, who told him "I just want to say one word to you, just one word. 'Plastics.'"?
 - a) *Tootsie*
 - b) *Midnight Cowboy*
 - c) *Marathon Man*
 - d) *The Graduate*
- 3) What John Lennon composition was rejected as a Beatles single by Paul McCartney and was ultimately recorded by the Plastic Ono Band in 1969?
 - a) Imagine
 - b) Cold Turkey
 - c) Power To The People
 - d) Mind Games
- 4) A person who has had a rhinoplasty has undergone plastic surgery on what?
 - a) Buttocks
 - b) Belly
 - c) Nose
 - d) Chin
- 5) What is the name of the first plastic-based creative toy, introduced in 1951, that features die-cut vinyl images meant to be mounted on a laminated board?
 - a) Spirograph
 - b) Action Transfers
 - c) SuperElastic BubblePlastic
 - d) Colorforms

—from *mental_floss*

Answers: 1) a; 2) d; 3) b; 4) c; 5) d

What Power Looks Like

Even if you're at the lowest rung of the organizational ladder, you need to understand how power works in the workplace. You'll have better relationships with co-workers and managers, and you'll be more prepared to handle power yourself as you advance in your career. Learn to recognize and use these types of power whatever your position is:

- **Title power.** The most obvious type of authority comes from formal job titles—manager, VP, CEO, and the like. Just remember that every leader has to earn people's respect in order to get their best work, no matter what their position in the hierarchy might be.
- **Expert power.** The more you know about your job, your industry or anything that helps your organization reach its goals, the more influence you have. Make a point of learning everything you can so you're in a position to give advice and help co-workers and managers do their jobs better.
- **Network power.** Connections to powerful people can boost your career. You don't have to be dishonest or manipulative; just get to know people with influence and be ready to help them. They'll remember your efforts and be willing to return the favor.
- **Reward power.** When you become a manager, you'll be able to give people rewards for good work. Be careful. Most of the time you don't have to spend a lot of money on incentives, and frequently a few words of praise will be the best reward. Be judicious and fair so no one feels you're playing favorites.
- **Coercive power.** Whether you're a manager or an employee, you have some power to force people to do what you want. Be careful not to overdo it with punishments or threats, though. You may get results today, but most people don't like being coerced, and in the long run they may hold it against you as you move up.



The Right Diet May Guard Against Alzheimer's Disease

Could the right diet lower your risk of developing dementia? Maybe, according to an article on *MedicineNet.com*—although the results aren't conclusive yet. A study of adults who closely followed a combination of two well-known diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed with Alzheimer's. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

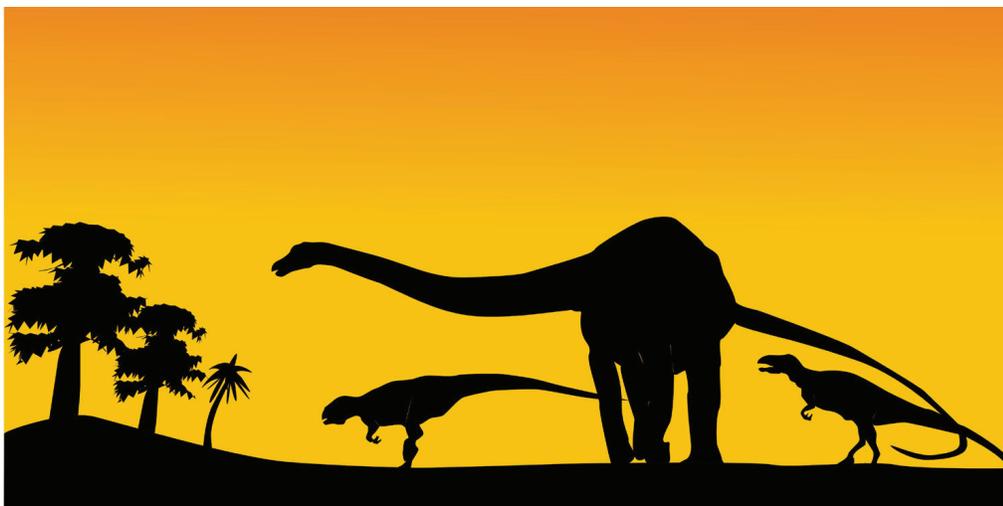
The combination diet plan, known as the MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, such as smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers' results.

On the other hand, both the Mediterranean and DASH diets are believed to be effective at preventing heart disease, making them a healthy choice for many other reasons.

The Body Parts Your Body Doesn't Need

The human body is a marvelous machine, but like many devices, it contains some parts with no apparent function. According to the *Mother Nature Network* website, these physical attributes appear to have lost their original uses:

- **Appendix.** This tiny pouch in the abdomen near the larger and small intestines may have been necessary when early humans survived on a plant-based diet. Today it seems largely superfluous, aside from being a useful storage place for bacteria.
- **Wisdom teeth.** A leftover from when humans' jaws were larger, the extra molar no longer comfortably fits in most people's mouths and frequently has to be extracted in adulthood.
- **Jacobsen's organ.** In animals, including reptiles and amphibians, this organ in the nose detects pheromones emitted by potential mates. Although present in the human nose, it appears not to function in modern-day humans.
- **Extra eyelid.** Birds and reptiles have a nictitating membrane in their eyes that functions as a third eyelid. It's called the plica semilunaris, and apparently humans have them too, left over from earlier incarnations. It isn't entirely useless, though; it still helps to drain tears and remove foreign objects from the eye.



Return Of The Mighty Brontosaurus

The giant dinosaur formerly known as the Brontosaurus may return. Not in a real-life Jurassic Park, but as an official designation long after being dubbed an Apatosaurus by scientists.

Confused? Here's the short version from the *Live Science.com*: In 1877, a team of paleontologists unearthed the skeleton of a long-necked dinosaur they named Apatosaurus ajax. Two years later, the scientists uncovered a similar specimen but concluded it belonged to a separate species, which they dubbed Brontosaurus excelsus.

However, in 1903, another paleontologist decided that the two specimens belonged to the same species. The name Apatosaurus took precedence because it had been discovered and named first, although "Brontosaurus" was preserved in popular culture.

A recent reevaluation of the research, though, discovered significant and numerous differences between the Apatosaurus and the Brontosaurus, leading paleontologists to argue that lumping the two together was a mistake. How the issue shakes out will be debated for years, but don't write the Brontosaurus off yet.

Get More Productivity Out Of Every Day

If you are like most of us, you have too much work to do in too little time. If you want to maximize every minute of your day, try these tips to increase your efficiency:

- **Pick three goals for the day.** Start your day (or plan it the night before) by identifying three high-priority goals to accomplish. Work on this first, without getting distracted by other tasks. If you finish them off, select three more important goals. You'll feel more productive and less overwhelmed.
- **Make quick decisions.** Agonizing over every decision wastes time and energy. Try to make every decision in 60 seconds or less. A one-minute deadline will result in speedy decisions that are just as likely to be good as those you spend hours on.
- **Schedule thinking time.** Spend a certain amount of time thinking about what you want to do every week. Make plans, do research, analyze successes and failures, and give yourself permission to go off on tangents. Often you'll get your best ideas when you let your mind roam.
- **Make a "to-don't" list.** Identify tasks that don't contribute anything of value or don't represent the best use of your time, and get them off your to-do list. Eliminate them or delegate them so you have more time to focus on your priorities.
- **Finish your day right.** Don't wear yourself out by working into the evening. Establish a routine for the end of your work day: Save your work, clear your workspace, update your to-do list, check your email for urgent messages (leave anything that's not an emergency for tomorrow), turn off your computer, and stop thinking about work. You'll be able to get the rest you need and come back the next day ready to do great things.

SPEED BUMP

Dave Coverly



West Hills Health & Rehabilitation Center Renovation

Bistro Rotunda ~ Phase III ~ Portland, Oregon

By reducing and removing disabling barriers and focusing on the “social model” care facility, a bistro and rotunda were added to improve the residential surroundings.

The improvements of Phase III inspires a home-like experience and adds to the quality of life for the residents. By creating a physical space that allows for smaller, social groupings and shorter walking distances to common living spaces, the residents have a greater level of independence and access to more social experiences during their stay at West Hills Health and Rehabilitation Center. This phase was the culmination of a four-year, total restoration project of this fully occupied, 40-year-old operational facility.

Planning A Project? Give Us A Call!

If you have questions relating to construction services or would like someone added to our newsletter mailing list, place contact Joe Hughes at 503-624-7100 or e-mail Joe at jhughes@jhc-companies.com. And, check out our website at www.jhc-companies.com.



The Bistro



The Rotunda



West Hills Health & Rehabilitation Center Renovation

Bistro Rotunda ~ Phase III

Project Team & Stats

Owner/Developer: The Goodman Group

Architect: Koch Architecture LLC

Engineer: Butler Consulting, Inc.

General Contractor: Joseph Hughes Construction

Location: Portland, Oregon

Cost: \$1.4 million

Start: June 2014

Completion: December 2014

This project was recognized by DJC Oregon as a TOPPROJECTS 2015 Finalist.



Joseph Hughes Construction

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