

A . J . J O H N S , I N C .

# Daily Digger

## N A S P - 8 A G O I N G F O R G O L D S T A N D A R D

P-8A is an Integrated Training Center that will achieve the LEED Green Gold Standard. This new project has and will continue to bring us new and interesting challenges.

As a LEED Green project we will reduce our *Carbon Footprint* and be in strict compliance with OSHA and EPA hazardous materials handling, spill protection and cleanup.

As a *Design Build* project we will be making changes to the design throughout the project. Design Build is an ongoing process between AJ Johns, the engineer, and the US Navy. The changes will be ongoing and constant.

This newest AJJI project will be active from March 2010 until June 2011. New military access passes will be issued every six months. The first round of passes was a learning experience for all.

Matt Mocini and Bobby Green are the project's management team. So far, Jerry Davis' and Donnie Griffis' crews have been assigned to the job. AJJI is responsible for the underground utilities, building pad and parking lot.

Though we miss the residential sector, government jobs are the wave of the future. Let's show the US Navy that we build the

right way, "THE AJ JOHNS WAY."



NAS was commissioned in 1940 and has been involved in all US conflicts since World War II. It is the third largest Naval installation in the US. It encompasses 3,896 acres and employs more than 23,000 active duty and civilian personnel.

### BIRTHDAYS

VAUGHN BIGGER  
JOHN BLACKMON  
TOM BRADDOCK  
JOHN COLOMITZ  
SCOTT KIRKLAND

### ANNIVERSARIES

VICTOR COX, 4 YRS  
JEFF DEVORE, 5 YRS  
JERRY FRASCO, 27 YRS  
BOBBY GREEN, 8 YRS  
AJ JOHNS, 40 YRS  
SHELDON KIGHT, 2 YRS

## M E S S A G E F R O M T H E V . P . " S I M P L Y E N G A G E D "

As we all know, the cost of health benefits continue to rise. It is a very large expense for companies to provide health care for its employees. The expense for AJJI is well over a half million dollars annually. Having healthier employees could lower our insurance cost. Together with our insurance broker we have come up with a tool to start us on a healthy journey. It is a four step program sponsored by United Health Care. Step 1 is an on-site biometric screening of blood pressure, cholesterol, body mass index and blood sugar. Step 2 is an online health assessment that awards you a \$75 gift card upon completion. Step 3 offers 7 different programs lasting 5 weeks each. The programs offered are: Diabetes, Exercise, Heart Health, Nutrition, Smoking Cessation, Stress and Weight Loss. You will be rewarded a \$25 gift card upon completion. Step 4 is a telephone coaching program for the same programs offered in step 3 and typically runs three to six months. You will be awarded another \$75 gift card upon completion.

Covered spouses can also participate in steps 2 thru 4 of this program and receive the same rewards. The maximum employee reward is \$175 and the maximum family reward is \$350. Please join me in making a commitment to better health.

*Yours Truly, John Kirkland*

### MADE IN THE USA

Do you know where your stuff came from? Was it manufactured in America? Does it matter where it was made or who made it? As Americans these are very important questions. Did you know that we buy a third of the world's consumer electronics but sell only 4%. Nine out of 10 items of clothing we buy are made elsewhere, mostly in Asia. America imports goods worth \$750 billion more than we export. In 2008, Chinese goods ac-

counted for roughly \$73 a month in spending for every man, woman and child in America. When you buy products "Made in America" you are supporting not only American jobs but fair labor standards. In many other countries, sweatshops are the norm and not the exception. Chinese production facilities have exported poisonous toothpaste, baby formula, toys and dog food. *Get addicted to buying goods "Made in the USA".*

Made in the USA brands include:  
Whirlpool, Maytag, KitchenAid, Briggs & Stratton, Hobart, Lincoln, Miller, Cabela's, Red Wing Shoes, Union Jeans, Burt's Bees, Klein Tools, Buck Knives (noted with American Flag icon), Leatherman, Maglite, Igloo and Snap-On. *Of course the list goes on, but will not continue if American's don't stand up and buy American.*



**April Events:**  
  
Easter, 4th  
Earth Day, 22nd  
World of Nations Celebration, 29th-2nd



### COMPANY NEWS

We have re-launched our company website. Please check it out next time you're online. [www.ajohns.com](http://www.ajohns.com) Soon you will be able to view the Daily Digger online.

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**May 30th** is the deadline for submitting your ideas for a new company slogan. A \$50 gift card can go a long way.

The "Haiti Relief" food and clothes drive was a success because of the giving employees of AJ Johns, Inc. Thanks to all who gave.

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Join us in welcoming the newest edition to the AJJI family. Mr. Johns assistant Kim gave birth to her first child. Her name is Lexi. She weighed in

at 7lbs, 2 ozs. Mother and child are doing well.



**Lexi Valetutto**

### HOW TO STRETCH YOUR DOLLAR

Money is the second most important thing in this world next to God. It is said that money is the root of all evils and that money changes everything. Money is not the root of all evils but the love of it. You should know how to handle money wisely.

Here are some tips for handling money and surviving in our current economy: Track where your money is going, then see where you can cut expenses. Buy clothes when there is a sale. Avoid signature clothing. Try to buy pants and shoes that can be used for any occasion. Avoid credit cards. Have a garage sale and donate the leftovers. Choose cheap but nutritious foods. Buy products with generic labels. Even small changes can make a big difference.

