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HORIZONS

Marshall Presents Golden Hard Hat to Mr. Kim of Kwang Sung

On November 14, 2007, Marshall presented Mr. Kim of Kwang Sung America with a golden hard hat embellished with the Kwang Sung America logo on the front and Marshall Design-Build's logo on the back in honor of their partnership in erecting the Korean Automotive Parts Supplier Project. The new facility is a 67,000-square-foot building located off Highway 280 in Dadeville, Alabama.



PARTNER NEWS

Marshall Team Members Cook-Off to Raise Money for Children's Harbor and Family Promise

On October 25, 2007, Marshall team members participated in the 2007 Pig Out at the State Fairgrounds to benefit the Children's Harbor. Team members included Will Marshall, Jimmy Wilson, Wanda Dyer, Lauren Marshall, and Kristy Eubanks. Will Marshall did a fantastic job preparing ribs all day, and the rest of the team served ribs to hungry supporters. Marshall's team placed 3rd in the decorations contest. Everyone had a wonderful time!

Marshall's team also participated in the Hogs and Hens Cook-Off to benefit Family Promise of Montgomery on November 16, 2007, at the Union Station Train Shed in downtown Montgomery. This time, Marshall teamed up with Marshall Lumber and Commercial Partners to create a super team. Russ Marshall of Marshall Lumber prepared his famous camp stew, which was a hit due to the chilly weather. The team raised the most donations from supporters at the event, earning them the Boss Hog Award and a six foot trophy! All three companies have decided to team up again next year because of the successful collaboration.



◀ **COMINGS & GOINGS** ▶

Marshall would like to welcome to our team:

- **Terry Craft**, who joins Marshall as a Project Manager.

We would like to wish the best of luck to employees who have left the company:

- **Ken DeBardelaben**

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WHAT'S GOING ON IN THE INDUSTRY

EXERCISE: 6 BENEFITS OF REGULAR PHYSICAL ACTIVITY

By Mayo Clinic Staff
July 26, 2007

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of exercise – from preventing chronic health conditions to boosting confidence and self-esteem – are hard to ignore. And the benefits are yours for the taking regardless of age, sex or physical ability. Need more convincing? Check out six specific ways exercise can improve your life.

Exercise improves your mood.

1. Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

Exercise combats chronic diseases.

2. Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket. Regular exercise can help you prevent – or manage – high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

Exercise helps you manage your weight.

3. Want to drop those excess pounds? Trade some couch time for walking or other physical activities. This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn – and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

Exercise strengthens your heart and lungs.

4. Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier. Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system – the circulation of blood through your heart and blood vessels – work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

Exercise promotes better sleep.

5. Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. The timing is up to you – but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

Exercise can be – gasp – fun.

6. Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical! Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Original Article: <http://www.mayoclinic.com/health/exercise/HQ01676>.

TRIVIA

REGARDLESS OF WHEN A SOCIETY CELEBRATES NEW YEAR'S DAY, WHAT IS ONE COMMON THREAD BETWEEN THEM ALL?

- A. Good luck rituals
- B. Everyone eats a hearty meal
- C. Outrageous parties
- D. Everyone attends a spiritual function

WHO IS MAINLY RESPONSIBLE FOR US CELEBRATING NEW YEAR'S DAY ON JANUARY 1ST?

- A. Pope Gregory
- B. Pope Benedict
- C. Julius Caesar
- D. Alexander the Great

WHAT IS THE MOST COMMON NEW YEAR'S RESOLUTION MADE BY AMERICANS?

- A. Resolve to find a better job
- B. Resolve to stop smoking
- C. Resolve to save more money
- D. Resolve to lose weight

ANSWER KEY

Answer: A. Virtually every part of the world has some form of ritual to bring good luck for the new year. For example, in the United States, it's common for couples to kiss when ringing in the new year.

Answer: C. In 153 B.C., the Roman senate voted to make January 1st the first day of the new year but over the years Roman emperors kept tampering with the calendar. It wasn't until Julius Caesar in 46 B.C. officially established January 1st as the first day of the new year. However, he had to declare one year to be 445 days in order to be in sync with the sun.

Answer: D. Despite lofty goals, most Americans break their resolution within a few days. If you are serious about any changes in your life, you need to develop a plan of action and stick to it.

PEOPLE, PLACES & THINGS

Marshall Design-Build is proud to announce the activities of several of our employees' family members...

BIRTHS

Madeline Lucille Marshall, second daughter of Will and Hollis Marshall, was born on August 28th, 2007.

Mike Bumgardner's first granddaughter, **Charlstin Rose**, was born on September 12, 2007.

Wade and Jennifer Holman welcomed their first child, **Kate Elizabeth Holman**, on September 18, 2007.

On November 28, 2007, **Roger and Dee Erickson** welcomed their granddaughter, **Claire Elizabeth Erickson**.

ERIC AND TONYA ROBERTSON'S CRUISE TO MEXICO

We left from Mobile on October 4th. We were unsure of what to expect at first because neither of us had ever cruised before. As soon as we arrived at the port we knew we would be fine; the people working for Carnival were so helpful and eager to please their guests.

Once aboard we rested on the Lido deck until our room was available. After unpacking we took a tour of the ship. We

knew by the end of the tour that we would not get bored. We attended the nightly show and then went to bed, where sleep was easy with the gentle rock of the ship.

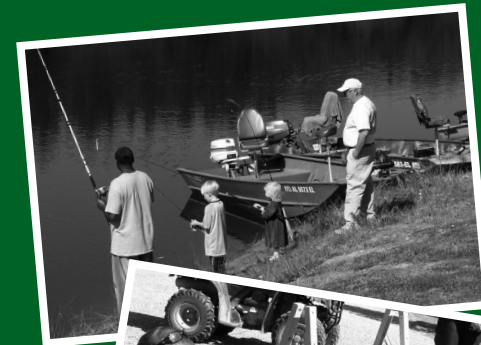
On the 3rd day we docked in Cozumel. We decided to book a shore excursion, which was the best part of the trip. We took mini Jeeps to a remote area of the island, where we got to see salt water crocodiles, an ancient weather station, the lighthouse, and best of all, snorkeling. We had just enough time to relax on the beach and do a little shopping before boarding the ship to return home.

As we were sailing home we decided to participate in some of the onboard activities, which included going to the casino, shopping and swimming. We have decided that cruising is the best way to travel. It may have been our first cruise but it definitely won't be our last.

We returned home on October 8th. We would like to thank Marshall for making all this possible.

MARSHALL FALL PICNIC

On Saturday, October 13, 2007, Marshall Design-Build held its annual fall festival. Marshall's team members and their families gathered for food, fun and fishing at the home of William and Joyce Marshall. Marshall's smallest team members enjoyed playing go-fish, wading in the duck pond, and bouncing in the moon walk. It was definitely a day to remember.



Tonya and Eric Robertson

PROJECTS

DESIGN PHASE:

- 10,000 sf doctor's office
- 5,500 sf church expansion
- 5,700 sf automotive dealership renovation
- 38,000 sf church project
- 24,677 sf retail space
- 4,800 sf office warehouse
- 14,400 sf office warehouse
- 16,000 sf shopping center build-out
- 6,000 sf doctor's office
- 6,500 sf church sanctuary
- 8,500 sf office/food warehouse
- 30,000 sf automotive dealership
- 3,500 sf medical facility renovation
- 35,000 sf automotive dealership
- 22,000 sf wholesale warehouse

CONSTRUCTION PHASE:

- 100,000 sf Sej'n Automotive Plant
- 4,800 sf Amerifirst Bank – Prattville
- 50,000 sf Central Alabama Electric Co-op
- 6,000 sf Southern Orthopedic Surgeons
- 6,500 sf Copperwing Design
- 50,000 sf Taylor Road Baptist Church
- 55,000 sf First Baptist Church Opelika
- 5,100 sf Dr. Joni Price
- 15,000 sf Mulder Church
- 5,091 sf Dr. Welch Veterinary Clinic
- 25,800 sf River Bank and Trust
- 20,000 sf Grandview Baptist Church

RECENTLY COMPLETED:

- 32,000 sf PlainsView Condominiums
- 66,000 sf Kwang Sung Automotive