

# 2021 Top 40 Under 40: Joe May Jr., Capstone Building Corp.

Nov 9, 2021, 12:15pm CST

What was the most pivotal moment in your life? What happened and what direction did you take? I attended Auburn University with a degree in building science. My freshman year I was homesick and was ready to come home. My mom and dad convinced me not to quit. I stuck it out, and I believe this was a pivotal moment in my life and career.



BOBFARLEY/F8FPHOTO,BOBFARLEY.PHOTOSHELTER.COM

Joe May

What accomplishment are you most proud of in your career? Reaching a Vice President title and ownership in a very successful company.

Have you had a strong mentor in your life? What did you learn from him/her? Jay Chapman has been a great mentor in my life. I have worked for him for 16 years. He has not only taught me about construction but also about managing people and running a successful business.

What's the best advice you've ever received? Take every problem back to the basics. If you can find where the problem started, you can point it back in the right direction.

What's a lesson you learned from a mistake? I have learned not to procrastinate. Take every opportunity given to you and execute.

What's your ultimate career goal? To successfully own and operate a construction company.

Where do you see yourself in five years? President of Capstone Building Corp.

Why did you choose to live in Birmingham and what keeps you here? I was born and raised in the Birmingham area. I have been with Capstone Building Corp. for 16 years. My family is all here in the Birmingham area.

What's one change you would make to improve Birmingham? I would like to see Birmingham grow by utilizing local businesses. Internal growth of each business builds a stronger city.

What is your favorite thing to do in Birmingham? Play golf at several great courses, including Greystone Country Club.

What would you like to see Birmingham accomplish by 2031? I would like to see downtown Birmingham be revitalized into a place where residents and visitors could enjoy this great city.

What are steps young adults can take to be successful? Follow your dreams and don't give up on them. Hard times will come and you must push through with faith and perseverance.

What is your favorite place to eat in the metro area? BrickTop's and Amore' with my Beautiful wife Tiffany.

How has the pandemic impacted your life and career? Thankfully I have not had many direct impacts. We have had to become hyper focused on procuring materials months in advance.

If you had to choose a different career, what would you pick and why? I would be an Entrepreneur with multiple businesses.

What's an interesting fact about you that not everyone knows? I have 4 amazing children ages 2, 10, 12, & 14.