

Welcome to Stowell eNews. Operating as Frank H. Stowell & Sons, Inc. we have been around since 1912, building professional occupancy for living, working and healing in the Chicagoland area.

We are launching Stowell eNews as a monthly update to let you know what we are doing and to pass on some useful tips. Naturally, you will only take the time to read it if it is attractive, informative and useful to you. Please let us know how we are doing so we can do an even better job. Of course, if we are not doing a good job you will let us know by selecting the "please remove me from your distribution list". We'll get the message.

**Sam W. Stowell**  
Owner and President

## Our Latest Projects

### West Suburban Cardiologists



West Suburban Cardiologists recently announced the opening of their LightSpeed 64™ from GE Healthcare and we are proud to have assisted in the process. Through our Design-Build service, we worked with them to create a practical and comfortable setting to accommodate a steady flow of scan patients.

Our general contracting expertise made it possible to complete the whole process (including radiation shielding) in a matter of a few weeks.

### Home Construction Thoughts

Are you planning to do some work around the house? Perhaps your partner thinks that you should be a plumber/electrician/painter all rolled into one. Maybe you are too proud to ask for professional advice. Send us an e-mail on your home construction question and we will get you some expert advice.

What kinds of electrical work are practical for a non-electrician? Is it possible to be 100% safe in the process?

How long should it take to paint a room? What kind of preparation is advisable? What would a professional charge?

What should a good tool-box contain? Where should I buy tools? Can I get better deals over the Internet?

### Safety and you

One thing that we know about in the construction business is the huge cost of injuries and, consequently, the major investment we have to make in insurance to protect ourselves. Still, the best protection is to maintain an excellent safety record.

Good safety is a combination of common-sense and awareness. Interestingly, many of the lessons we need to learn on-site are just as relevant to office work and general living.

### Highland Park Hospital



Have you ever wondered what kind of equipment is needed to perform arrhythmia, pacemaker and implantable defibrillator services, three-dimensional heart mapping and implantable rhythm recording? Probably not. The answer is an electrophysiology (EP) lab and Highland Park Hospital is testing their latest advancement (a multi-vendor configuration incorporating Siemens and GE Healthcare components).

Stowell worked with Integrated Facilities Solutions of Skokie to prepare the perfect environment for this very sophisticated equipment and to complete it on a tight schedule. Eckenhoff Saunders were the architects.

Here is a checklist that works for all of us:

1. Is there a tripping hazard in your workplace or at home (falls can be serious and painful)?
2. Do you have safety glasses available to wear when you trim the hedge or the lawn?
3. Do you make sure to properly ventilate a room before using a hazardous substance (e.g. cleaners, abrasives and adhesives)?
4. Is your first-aid kit complete and easy to locate?
5. Who is CPR qualified at your office and in your home?
6. Do you know the safe way to get off a ladder onto a roof?
7. Are your ladders in good condition and adequate (high enough) for how you use them?

## Bridgeview Bank – Edgewater



When we think of a drive-thru we usually think of functionality. Our newest completion is on Clark Street. We happen to think it is professionally accomplished and quite aesthetic. The canopy comprises Kalwall panels that reduce light and sound transmission. Manske, Dieckmann, Thompson were the architects.

This was the second drive-thru project for this local bank and it, also, was completed on time and in budget with no interference to on-going business.