

Welcome back to Stowell eNews.

Spring must be in the air. No, I am not dancing in the meadow but I am feeling excited about the projects that we are working on.

There is nothing like the thrill of new parents to make us all feel good. Building a new Obstetrics and Gynecology floor at Rush North Shore was our recent contribution in this area. Check it out.

Those little ones have a habit of growing up and the next thing you know they need somewhere to stay while studying at college. Student residence? Enough to give one heartburn, right? An accident waiting to happen?

Well Garrett Evangelical Theological Seminary decided to do the job right and bring their student residences up to standard. No, not the Hilton but somewhere that they, their students and their parents would know was safe, healthy, attractive and conducive to meeting the high academic standards that they adhere to. We are proud to have been selected to partner in this process.

Last but not least, we want to tell you about LEED. After years of being concerned that we have not been able to contribute to environmental improvement, in fact being part of the problem, technology and innovation improvements are letting us do something positive.

Join us in taking the LEED.

Sam W. Stowell
President

Our Latest Projects

Rush North Shore Obstetrics and Gynecology



Believing that only by a process of constant renewal will their hospital retain its reputation for excellence, Rush North Shore Medical Center continues to improve the appearance and the functionality of their care spaces.

Connor Arbuckle decided to check out the newly renovated Obstetrics and Gynecology unit as the first baby of 2006 born there. It was a good choice on his part. If he had bothered to open his eyes he would have noted 10 private labor, delivery, recovery, postpartum (LDPR) suites that provide individualized care to new families. All this plus the availability of leading-edge pain control through its anesthesia service on a full 24-hour basis.

“We are particularly proud of our extensive services for new mothers and newborns.” said Karen Plewe, R.N., Director of the Women’s Care Unit. Rush North Shore is very happy with the new facilities and we were pleased to assist.

Connor, we are told, yawned. ●



- **Garrett Evangelical Theological Seminary Student Residence Project**

When Garrett Evangelical Theological Seminary decided it was time to upgrade their student residences at Maple and Noyes, they knew they were opening the proverbial can of worms. The superficial problems were obvious but what would they discover when the process got underway?

“I knew there would be surprises and I knew they would be bad. I just did not know how bad,” recalls Tom Petty, Garrett’s Vice President for Business Affairs and CFO.

Still, Garrett took every practical step they could to maximize project success. “We were told about Ryan Nestor and hiring his architectural firm (Barker-Nestor) worked out extremely well. Ryan is a very talented and energetic young guy and he was on top of every detail and very responsive,” noted Tom.

The next challenge was to select a General Contractor. Garrett limited their search to companies that they had worked with before. Stowell has completed many projects for Garrett over the decades and was pleased to make the short-list and to be selected to run the project.

The goal was to make the residences safe, secure and comfortable. Note that comfortable should not be confused with luxurious. The fifty units and common areas had taken lots of abuse from occupants and visitors at an age where

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intelligence does not equate with respect for property. Then there was the natural wear and tear. Much of the plumbing and wiring went back to the building's construction (1920s) and the bathroom fixtures looked about as old. Plaster walls were so bad in places that complete re-drywalling was considered but decided against, partly because of cost and partly for aesthetics.

Fortunately, the hardwood floors were, for the most part, in reasonable condition and, where not, could be expertly repaired.

The electrical, plumbing, bathroom and kitchen fixtures, on the other hand, were ready for a complete replacement and upgrade. From the 100 amp service, to the conveniently located breaker panel in each kitchen, to the replacement of each and every outlet and fixture in every unit, there were no compromises.

The same approach was taken to furnishing the bathrooms and kitchens. Working within the constraints of dimensions that, at best, can be described as quaint, cabinetry and fixtures were found that created warmth and airiness.

Vinyl windows that are energy efficient and attractive, enhance each unit and blend seamlessly with the traditional brick exterior.

Meanwhile, the combination of basement sprinklers, smoke and fire detectors, intelligent automated monitoring system and conveniently located panels and enunciators make this building about as safe as one could reasonably expect.

So what was the big surprise? Well, the big nasty was the discovery that meeting the City of Evanston requirement for a basement sprinkler system was going to necessitate two new 6 inch services from the City water mains. The next surprise was the set of obstacles that lay between the closest main (on Noyes Avenue) and the Noyes building. Welcome to subterranean craziness. How about a 120 inch Relief Sewer for starters? How about criss-crossing pipes of all types and sizes? How about lake water at a depth of four feet? No doubt that Harrison Ford was down there fighting the bad guys too!

Plan B ran into a different set of issues since it looked like we may need to install our pipe on City property and that meant an easement. Now, this started to look like a major delay.

Fortunately, knowledgeable professionalism saved the day (that is not code for the old way of solving problems). A legal and practical compromise was found that met standards and regulations and ensures that Garrett has enough water to meet its current and future needs (including a full building sprinkler system).

When all was said and done, the units were truly handsome and very welcoming for the returning students. We all breathed a big sigh of relief, especially Tom. ●



Taking the LEED

(Leadership in Energy and Environmental Design – US Green Building Council)

Conservation is a good thing. We all believe in it, well most of us do. So why are we so wasteful? Does it cost us? Well, we recently saw how gas and heating costs jumped when supply and demand got out of balance.

How wasteful are we in the construction business? Of course, that depends on your definition, but we are far from perfect and this could get to be a problem. We have seen temporary supply shortages and price jumps for drywall, steel and lumber. Some of these temporary problems would become long-term if we started to run out of a major resource. That is hard to imagine but we could easily find ourselves having to look further a field or paying premium prices as other economies compete with us. For example, it is estimated that we in the US have used 96% of our old growth forests and we are overly reliant on imports.

The good news is that ingenuity and cooperation are coming to the rescue. Through the U.S. Green Building Council, buildings that are environmentally responsible, profitable, and healthy places to live and work are being designed and built. Note the word profitable. That is key. In case you are wondering, the Green Building Council is an industry coalition of over 6,000 businesses, government agencies and non-profit organizations

It turns out that we can have our cake and eat it too! Buildings do not have to have hot and cold zones, or poor air quality or lawn sprinklers that run during the day. These are annoyances and health hazards as well as wasteful. Good design in new construction and renovations makes buildings function better and at reduced cost

Stowell strongly endorses the conservation and sustainability philosophy. The first step for us, and others, is the LEED (Leadership in Energy and Environmental Design) program, that offers training and procedures to support that goal. Some owners are now

The screenshot shows the USGBC LEED website. The header includes the LEED logo and the tagline "Build green. Everyone profits." Below the header is a navigation menu with links for ABOUT, MEMBERSHIP, LEED, EDUCATION, CHAPTERS, NEWS, RESOURCES, and EVENTS. The main content area is titled "LEED: Leadership in Energy and Environmental Design" and provides an overview of the LEED program. It includes a list of LEED certification levels: LEED-BC (New commercial construction and major renovation projects), LEED-CB (Existing building operations), LEED-CI (Commercial Interiors projects), LEED-CS (Core and shell projects), LEED-H (Homes), LEED-ND (Neighborhood development), and LEED-AP (LEED Application Guides: Retail (currently in pilot), Multiple Buildings/Campuses, Schools, Healthcare, Laboratories, Lodging). The page also mentions USGBC member committees and provides links to LEED updates, LEED creation details, and LEED Foundation documents.

You can visit the Green Building Council website at <http://www.usgbc.org/LEED/> and apply for LEED certification online.

stipulating that their projects meet the LEED standard. To do this requires following the procedures and earning credits through practical project metrics.

The process also encourages creativity. That might be water efficient landscaping, innovative wastewater technologies or water use reduction. Alternatively, it could be the use of renewable energy sources or ozone protection. There again, it could be through renewable materials (did you know that linoleum is made from wheat flour and linseed oil?).

One more thing, the days of trashing everything are over. Demolition waste in the near future will be sorted for recycling, be it lumber, metal, drywall and plumbing fixtures. We are not ready to call demolition reconstitution yet, but we are heading in that direction.

We look forward to keeping you informed on this subject, answering any questions you have and seeing how this works into a project you are planning. ●