

## Welcome to our latest eNews

*Phew. We are really busy right now but I'm not complaining. As usual, it's mostly return business. Certainly that is the case with Resurrection Health Care's Saint Francis Hospital. We seem to just finish one doctor's office suite in time to start another a couple of floors away.*

*In fact, when it came to bidding on a competitive project for the University of Illinois Medical Center we hesitated. This was a new customer, there was lots of competition and we were going to have to interact with their on-line project management system (PRZM). Fortunately, we went ahead and bid, and we were successful.*

*There were lots of challenges as you will find out but, as someone once noted, "All's well that ends well". This one certainly passed that test. We even got recognized for our efforts. As for the state of the art equipment that occupies the space we prepared, just read the enthusiastic comments of Dr. Owens.*

*Some days I really enjoy what we are doing.*

Sam W. Stowell  
President

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8150 Central Park Ave  
Skokie, IL 60076 2907  
ph **847 329 9200**  
fx 847 329 0499  
www.fhstowell.com

## Our Latest Projects

### Beam me up Scottie

No, it's not NASA but it's just about as sophisticated. It's the Siemens ARTIS dTA single Plane Ceiling Mounted Angiography system with dyna CT technology. The tough part was building this space in the middle of a busy downtown hospital (University of Illinois Medical Center).

With great care we managed to not interfere with any of the procedures being performed in adjacent rooms. That did not just mean avoiding little catastrophes such as power-outages, it also meant dust and noise containment. It meant being as unobtrusive as possible. Hard as we tried we were noticed. In fact we were recognized and nominated for the hospital's best general contractor of the year award. Even better, we won and we feel very honored.

So what is the hospital planning to do with this brand new angio system? Pretty well what you would expect of this diagnostic modality. Of course, if you're not deeply immersed in the medical profession that might not be so obvious.

For starters, angiography is the study of the blood vessels, be they in the brain, in the heart, in the lungs, in the kidney, in the eye, in the abdomen or in the spleen. It involves taking a bunch of x-rays and using an intravenously injected dye to make the blood vessels visible. They can be static x-rays or moving x-rays (called fluoroscopy). Angiography is used to detect abnormalities or blockages in those blood vessels. This covers a wide range of potential medical problems which are best found before the damage is done.

While it's widely recognized as often being the most effective diagnostic tool, it's also just about the most invasive. Consequently, angios are invariably performed in hospitals for close observation and availability of remedial response.

So what is so great about this latest generational system?

Well, according to Dr. Charles Owens, Associate Professor of Radiology and Director of Interventional Radiology at UIMC, this Siemens ARTIS dTA combines ease of use,



- excellent image quality, radiation reduction and direct integration into the hospital's computer systems (no waiting around for x-ray film to be developed anymore, it's digital).  
"There is much more space for us to work in the room since this machine was installed. It is a smaller unit, and more versatile. Now we are able to do CT Angiograms and Dyna CTs (delivery of chemo to liver cancer patients), which we were not able to do before," he added.  
Dr. Owens was not finished enthusing.  
"The Siemens equipment is the best product in today's market for endovascular peripheral vascular radiology work, with a road mapping technology superior to any other product. At the same time, this new equipment cuts down on the radiology dose to the patient and the exposure of those working on the patient."  
That explanation was good enough for us and we appreciate the opportunity we had to help the hospital continue to
- be one of the city's leading medical facilities. ●

## Room for Improvement

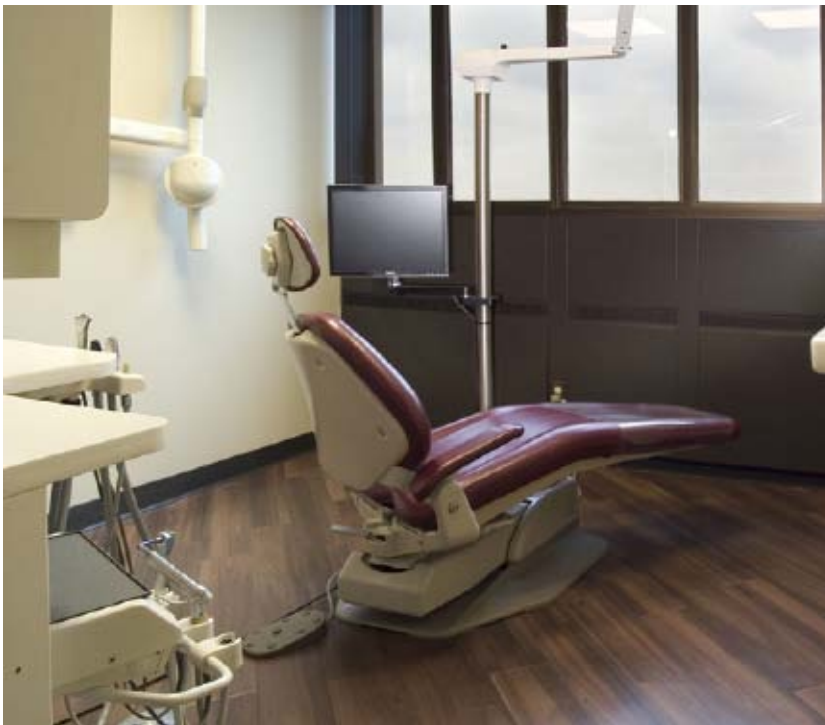
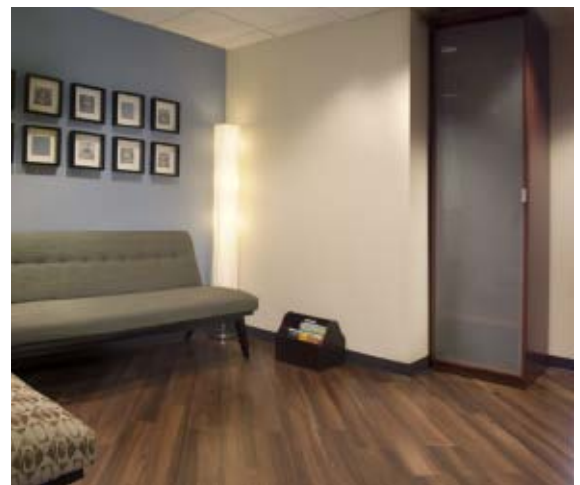
It seems we are renovating as many doctor's offices as we are building spaces for diagnostic equipment. If you are assuming that our clients are simply upgrading, you would be incorrect. Almost invariably, they are relocating, though often in the same locale.

That is certainly the case with Resurrection Health Care's Saint Francis Professional Office Building. According to Ellen J. Wiviott, Property Manager, within a population of fifty doctors' offices, there is always somebody on the move.

"We have practices adding or losing partners, going independent, changing their administrative support staff or adding services," explained Ellen.

"Most of the time they want to stay with us so, if their current location does not support the change, we'll find somewhere else under the same roof that does."

Ellen appreciates working with Stowell and has developed an excellent rapport with Chuck Wiesneth, Project Manager and our Vice President. The addition of our Design-Build service with David Selinger, AIA, is also a big plus.



*Dr. Pelc's Dental Suite*



Dr. Lome's Medical Suite

"I'm not saying that it is hard to get doctors to decide on exactly what they want but it is reassuring to know that Stowell can make whatever changes are needed "on the fly" without having to get the architectural firm involved and without worrying about repercussions. They are so familiar with the technical components that they can avoid problems before they happen," is how Ellen put it.

The "technical components" Ellen is referring to includes the mechanical and electrical specifics that differentiate doctors' offices from most other commercial construction such as compressed air, X-Ray power, and specialty plumbing for dentistry.

Still, most of those last minute changes are structural and architectural such as moving a wall six inches to make the adjacent room more comfortable or adding low-voltage lighting to a waiting room to create a warmer feel.

"Oftentimes it's those little changes that make our clients most happy. Having Chuck and Stowell available to make sure that the needs of my always busy doctors are responded to is great," Ellen noted. ●





## Carbon-Neutral Building, True or False?

Carbon-Neutral Building? It sounds like an oxymoron. Well maybe there is hope, especially when Mayors Bloomberg of New York and our own Richard J. Daley decide to compete.

New York is working on an 8,000-square foot emissions-free Arts and Education Center that is designed to be primarily solar powered—thanks to photovoltaic roof panels generating 85 kilowatts of electricity from the sun. It will be a net zero energy user, which means that it will produce more clean energy than it will consume. Heating and cooling will be supplied by ground-source geothermal wells and rainwater will be recycled.

The space will be used for classes, lectures, exhibitions, and other public events, focusing on solar power and other alternative energy technologies. The catchy name for the building? Ready? It's Solar 2 (it replaces Solar 1)!

Chicago's response is the 250,000-square-foot Green Exchange. The building will only be open to tenants who are doing some kind of ecologically responsible business. As well as featuring



LEED standards such as an energy-efficient environment, a green roof, clean air quality, a landscaped courtyard, and bike rooms, its function is also Green. The building will hold about 100 tenants: retail, printing, organic restaurant and café, a sustainable furniture store, a green building supply company, an eco-friendly printer, architects and designers focused on sustainability, an environmentally-friendly clothing company, a car-sharing service and a bike shop.

Both are scheduled to be open in 2008. I guess we have to call this healthy competition. ●