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4th Quarter 2010—Volume 4, No. 4

A QUARTERLY REPORT FROM HOWARD SHOCKEY & SONS, INC.

Quality Construction Since 1896

Building Green: Shockey Takes The LEED®



[photo ©Peter Aaslestad Photography]



▲ OUR HEALTH COMMUNITY SERVICES AND OTHER GREEN PROJECTS IN VA

Shockey recently rehabilitated a historic facility for Our Health Community Services (*dominant photo*) to U.S. Green Building Council LEED® Silver standards. Howard Shockey & Sons, Inc. also built the \$78 million Western Virginia Regional Jail (*top*) and Highland School to LEED-certified standards. [photos ©EricTaylorPhoto.com]

Green building isn't a fad that's going away. At ULI's fall 2010 meeting in Washington, D.C., senior resident fellow Edward McMahon emphasized that in the past few years, green building costs have decreased because of better materials, better processes, and more expertise. In fact, green has gone mainstream.

Shockey has taken the lead and has been instrumental in building numerous built-to-LEED®-standards projects in the Commonwealth—in fact, Shockey has put in place more than \$179 million of LEED projects since 2009.

LEED remains one of the most comprehensive, transparent and implementable benchmarks of sustainable building, but builders can also strive to produce models of sustainability without an official LEED stamp of approval.

Buildings may be designed to reduce their impact on human health and the natural environment by efficiently using energy, water and other resources and by reducing waste.

Shockey has delivered both sustainable and LEED®-certified projects and is a proven leader in "green" building—having built both Western Virginia Regional Jail, the first green jail in the Commonwealth, and Greater Richmond Transit System's bus operations facility, the first public building in the state's capital to achieve LEED silver certification.

Other recently completed LEED-certified projects include the Roanoke Police Academy and the \$11.6 million Lower School at Highland School in Warrenton. ✱

[read more about the LEED® rating system on page 2.]

Part of a Winning Team

Howard Shockey quickly builds a national award-winning school

Tuscarora High School, built by Howard Shockey & Sons, Inc., and the Loudoun County Public School System (owner), are recipients of the 2010 Project Leadership Silver Award from the Construction Owners Association of America (COAA).

The national award is given annually to exceptional projects that demonstrate owners' excellence in project delivery.

The \$60 million project is located on a 135-acre site in Leesburg, VA. It was built in the shortest time frame ever allowed by the Loudoun County school system for a building of this facility's size and scope—17 months for actual construction. The 283,000-square-foot building is comprised of a two-story steel frame structure and a one-story load bearing CMU structure. The school accommodates 1,800 students; it includes classrooms, labs, gymnasiums, auditorium, health sciences wing and an art and music wing. The football field uses a revolutionary new turf system.

The site includes one of Virginia's last remaining trout habitats, and the design and construction teams worked together to ensure conservation of this valuable resource. During construction, the team also overcame other significant challenges, including "state of emergency weather" with record winter snow fall and weather complications.

The project's smooth construction process was aided by exceptional communication and by the utilization of Vela software for enhanced punchlist management.

A traditional delivery method of design-bid-build was used. The project team included Loudoun County Public Schools, owner; Howard Shockey & Sons, Inc., general contractor; Bowman Consulting Group and SHW Group, design professionals. 🌟

LEEDing the Way

About the LEED® rating system



An acronym for Leadership in Energy and Environmental Design, the LEED® green building rating system—developed

and administered by the U.S. Green Building Council and encompassing a broad range of criteria—is designed to promote design and construction practices that increase profitability while reducing the negative environmental impacts of buildings. Everything, from the location and size of the building to the materials and the process used to install them, is considered. LEED is the only "green" type of certification that requires third party verification. 🌟

Source: U.S. Green Building Council

Building health care in WV

From greenfield new hospital construction to minor renovations with intense infection-control requirements, Shockey's scope of health care projects is wide and varied. Shockey has developed a reputation for answering the unique needs of health care building with a planned approach that utilizes experienced healthcare construction personnel and ensures rapid, effective and thorough project direction.

Besides building a 7,200-square-foot medical office building for WVU-East in Ranson, WV and a \$30 million hospital in Berkeley Springs, Howard Shockey & Sons, Inc. is also serving as the construction manager for \$28 million of expansion projects at City Hospital in Martinsburg, including construction of a new cardiac catheterization laboratory care unit, a new ICU/CCU unit, and a significant expansion of the existing emergency department. When complete, the ED will be the largest and busiest in the state of West Virginia. 🌟

Sources: *The State Journal*, author Christine Miller Ford; *The Martinsburg Journal*, author Erienne Maczuzak



> SPRING ARBOR OF WINCHESTER, WINCHESTER, VA

architect: J Davis Architects, PLLC, Raleigh
size: 73,226 SF encompassing 66 assisted living beds and 26 special care beds
project cost: \$10 million;
owner: HH Hunt, Cary, NC
[photos ©Peter Aaslestad Photography]



Shockey: Good For What Ails You

Lifecare construction one of Shockey's specialties

Construction of continuing care facilities has become increasingly specialized. With a burgeoning market for senior housing, the nature of facilities being built today is as diverse as the expectations, needs and income of those who will occupy them.

Shockey has built a myriad of flexible, customized senior living arrangements that offer the security of long-range planning while also making sure that residents can maintain their independence for as long as they are able. While helping owners and developers choose the best delivery method for each project (design-build, design-bid-build or construction manager at risk), Shockey also helps manage the details involving planning, zoning and code compliance, environmental issues and site work.

Howard Shockey recently finished building a \$9 million, 73,226-square-foot structure for the residents of Spring Arbor of Winchester.

Spring Arbor is the newest assisted-living center to be built by real estate development company HH Hunt Corporation.

The residence was built with a unique approach: a specialized wing devoted to residents suffering from Alzheimer's disease and dementia. The specialized units are housed in a secure "cottage" area with a fenced courtyard, providing a continuum of care if health changes for any of its residents.

Spring Arbor's assisted-living apartments are available in eight sizes, ranging from 358 to 917 square feet, and amenities at the residence include social and recreational activities, wellness programs and beauty/barber services.

This is the first lifecare facility that Shockey has completed for HH Hunt, but it is also building Spring Arbor of Leesburg. 🌟

Source: "Spring Arbor of Winchester slated to open in September," by Cynthia Cather Burton, *The Winchester Star*

< EXPANSIONS AT CITY HOSPITAL, MARTINSBURG, WV

architect: Odell Associates, Incorporated, Richmond, VA; phase I size: 2,690 SF; phase II size: 51,261 SF; cost: \$28 million
[photo ©Peter Aaslestad Photography]

Shockey In The News

Founded in 1896, Howard Shockey & Sons is one of the largest general contracting and construction management companies in Virginia and is one of the ENR Top 400 contractors in the United States. As one of the oldest continuously operating building contractors in the Commonwealth, Shockey is a demonstrated leader in the delivery of public/private partnership and design-build projects.



2010 AWARDS

- ♦ 2010 Project Leadership Silver Award ♦
Construction Owners Association of America
Tuscarora High School, Leesburg, VA
- ♦ 2010 Platinum Design Award for Renovation ♦
Virginia School Boards Association
John Handley High School, Winchester, VA
- ♦ 2010 People's Choice Award ♦
Virginia School Boards Association
John Handley High School, Winchester, VA
- ♦ 2010 Loudoun County Environmental Preservation Award ♦
Tuscarora High School, Leesburg, VA
- ♦ 2010 Industrial Project of the Year ♦
Mid Atlantic Construction Magazine
GRTC Transit System, Richmond, VA



[©David Chance; photo courtesy of GRTC Transit System]

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[Spring Arbor Assisted Living Facility;
photo ©Peter Aaslestad Photography]

INSIDE: Aging
gracefully: innovations
in lifecare construction

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<<<<<< Looking Back, MOVING AHEAD >>>>>>



▲ U.S. ARMY CORPS OF ENGINEERS
HEADQUARTERS, WINCHESTER, VA

Howard Shockey is currently making changes to the U. S. Army Corps structure that Shockey built in 1994. Architect for the original project was Beery, Rio & Associates, Annandale, VA.
[photos ©Eric Taylor Photography]

Shockey continues to make changes to Corps of Engineers headquarters

Completed in less than one year from design through construction, the U.S. Army Corps of Engineers Transatlantic Division Headquarters Office Building in Winchester, VA, houses office, printing, warehouse and secured facilities. Shockey built the award-winning project in 1994 and has since completed more than 33,000 square feet of renovation to meet the Corps' changing needs.

As missions have evolved for the Corps of Engineers through the years, the original 99,351-square-foot structural steel facility with high security areas has also evolved. Since 1994, Shockey has performed dozens of projects to convert space at the site.

In the wake of 9/11, Shockey made significant security upgrades to the veneer masonry building.

Howard Shockey & Sons, Inc. continues to make modifications and is currently upgrading the HVAC system by installing new Liebert units in the facility's computer room and performing other electrical and mechanical changes.

Owned by Prince Frederick Group, Ltd., the original project was featured as a GSA model for design/build, fast track, privately-owned facilities that are leased to the U.S. Government.

The structure has also received the Excellence in Masonry Merit Award from the Masonry Institute. 🌟