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2nd Quarter 2010—Volume 4, No. 2

A QUARTERLY REPORT FROM HOWARD SHOCKEY & SONS, INC.

Quality Construction Since 1896

With adaptive use, everything old is new again



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Our Health, Inc. Consolidates Facilities Into Single Campus



^ BEFORE: OUR HEALTH INC.,
WINCHESTER, VA [for related photo, see page 4.]

Howard Shockey & Sons, Inc. renovated the Snapp Foundry assembly facilities building and office, originally constructed in 1890, to provide a new home for Our Health public and private health-care agencies. It was renovated to U.S. Green Building Council LEED Silver standards.

Howard Shockey and Sons, Inc. served as the general contractor for the adaptive use project which renovated the old Snapp Foundry assembly facilities and the former office building into a new home for health and human service agencies at Our Health, Inc. Twelve public and private health-care agencies are now located on one campus along Baker and Cameron streets in Winchester.

Phase II design, construction, renovation, and relocation began in 2007, cost about \$7 million, and covers about 38,500 square feet of building area. The property was partially financed by the sale of historic tax credits and through the New Market Tax Credit and Lending Program.

Adaptive reuse is a process that prepares buildings for new uses while retaining their historic features. It is seen by its proponents as a key factor in land conservation and reducing the amount of urban sprawl.

The building, originally constructed in 1890, was renovated to U.S. Green Building Council LEED Silver standards. Among its features are a solar-powered water heater and recycled flooring material.

Architect for the Our Health project is SFCS, Inc. of Roanoke.

Our Health plans to enter the third phase of its expansion project by advocating its health-care model and campus-style approach around the Commonwealth. 🌟



< HOWARD SHOCKEY & SONS OFFICES, WINCHESTER, VA

Shockey has established wellness centers in Winchester and Fredericksburg to offer certain types of primary care to its 500 employees. The centers are staffed with a physician's assistant in Winchester and a nurse practitioner in Fredericksburg. [photo ©EricTaylorPhoto.com]



Five receive national certifications *Emphasizing safety first*

Howard Shockey & Sons, Inc. is pleased to announce that Steve Utterback, Donnie Werdebaugh, Tony Albright, J. P. Bousquet and Jack Rohrbaugh have completed the requirements for national certification as Safety Trained Supervisors (STS).

The Council on Certification of Health, Environmental and Safety Technologists awards the certification to individuals who meet rigorous experience and education requirements, including passing a comprehensive written exam which includes subjects such as regulatory compliance, hazard recognition and analysis, personal protective equipment and incident investigation. Those individuals who earn the STS certification are also recognized as having met demanding, peer-established competency requirements in supervision.

With a commitment to safety excellence even before construction begins, Shockey emphasizes safety from the top down every day, with thorough training and certification for workers and supervisors and regular recognition for safe work.

For Howard Shockey & Sons, Inc., this was an expansion of its group of nationally-certified Safety Training Supervisors, as seven others from Shockey became STS accredited professionals in 2009. *

Shockey Establishes Wellness Centers in Winchester and Fredericksburg **Employees Receive Free Medical Care**

Sharon Wilson, an accounting clerk at Shockey, has already taken advantage of the medical care that her company offers. After all, it's only a short walk down the hall of her office building in Winchester.

And as if the convenience/proximity weren't enough of an incentive, the service is free. What's not to like?

Thanks to new wellness centers at Shockey headquarters in Winchester and at its Fredericksburg office, Wilson [pictured, above right, with Anne Schempp, PA.] and 500 other employees at The Shockey Companies can obtain routine checkups and certain types of care that their primary doctors have historically provided. They don't even have to leave work, wait, or pay out-of-pocket expenses.

The wellness centers, staffed with a physician's assistant in Winchester and a nurse practitioner in Fredericksburg, are equipped to examine patients and treat for mild illnesses.

Employees can walk in while on the clock and be treated for flu viruses, ear infections, insomnia, mild allergies, and even minor injuries and cuts requiring simple sutures.

The centers also offer preventive care services such as blood pressure and cholesterol monitoring and disease screening and detection.

Shockey covers all expenses, including lab work for employees and their spouses and dependents over age 12. In contrast, employees with health insurance through the company are usually responsible for meeting a \$300 to \$500 deductible, plus a \$20 co-payment per visit to their primary doctor and 10 percent of their bill, according to Scott Landis, director of human resources. The company pays the rest.

Shockey managers hope to see a return on their significant investment in the centers, believing that if the company can save on one large medical claim every three years, the investment will be worth it. *

Shockey Announces New K-12 Projects



[image ©Spectrum Design, PC]

^ PRICE'S FORK ELEMENTARY SCHOOL, MONTGOMERY COUNTY, VA

architect: Spectrum Design, PC; size: 110,000 SF; project cost: \$15.6 million



[image © Crabtree, Rohrbaugh & Associates - Architect]

^ CLARKE COUNTY HIGH SCHOOL, BERRYVILLE, VA

architect: Crabtree, Rohrbaugh & Associates; size: 161,000 SF; project cost: \$23.3 million

Howard Shockey & Sons, Inc. is building two new schools in Virginia.

Shockey will play the role of general contractor at-risk on the construction of a new elementary school in Montgomery County, VA.

Price's Fork Elementary School is expected to be open for students in the fall of 2011. In addition to Shockey, the project team consists of McDonough Bolyard Peck, Inc., construction manager and Spectrum Design, PC, architect.

Shockey has also been awarded a \$23.3 million contract to build a new high school for Clarke County, VA students. Shockey will serve as general contractor for the 161,000-square-foot school, which will be completed in 2012. Gannett Fleming, Inc. is construction manager; architect is Crabtree, Rohrbaugh & Associates of Mechanicsburg, PA.

Since Shockey's founding more than a century ago, the company has built dozens of educational facilities. In just the past 20 years, Howard Shockey & Sons, Inc. has put in place more than \$650,000,000 of school projects. *

Shockey project receives award in Richmond *GRTC recognized in 'R&D, FLEX, Industrial' category*



Constructed by Howard Shockey & Sons, Inc., GRTC Transit System Corporate Headquarters and Administrative Facility was named Best R&D, Flex or Industrial Project by the Greater Richmond Association for Commercial Real Estate (GRACRE) at Real Estate Stars 2010. The new facility serves a fleet of approximately 188 buses, paratransit vehicles, and vans, all of which serve the greater Richmond area. The new buildings house almost 500 employees working in operations, maintenance and administration. The 12-acre site accommodates outdoor bus storage, a 16,700-square-foot administration facility, which will house all of GRTC's operations, and a 107,900-square-foot maintenance facility.

[Developer: GRTC Transit System; Prime Consultant: NEPA/Architecture & Engineering; Architect: Gannett Fleming]

Shockey In The News

Mid-Atlantic Construction Magazine has announced its ranking of Top Contractors By State.

The latest installment of Mid-Atlantic Construction's annual Top Contractors ranking highlights 75 firms that collectively reported more than \$18 billion in regional revenue. Even among top contractors, many with big backlogs, the effects of the recession began to take hold in 2009.

Howard Shockey & Sons, Inc. ranks as the twelfth largest contractor in Virginia.

Shockey was also ranked among the nation's top 100 U.S. design-build firms in *Engineering News-Record (ENR)*, the leading U.S. trade publication for the engineering and construction industry.

Howard Shockey & Sons, Inc. is currently ranked #78 among the nation's largest design-build contractors and is the second largest design-build company among the four firms listed from Virginia.

Howard Shockey & Sons, Inc. has also been included by *ENR* on the nation's Top 400 Contractors list.

Ranked #284 on this year's list, Shockey has been in business for 114 years and is one of the oldest continuously operating building contractors in Virginia. Howard Shockey & Sons, Inc. is a demonstrated leader in the delivery of public/private partnership and design-build projects, and is part of a diversified construction organization offering quality general building construction, concrete materials supply and precast concrete building systems. *

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Recently Completed Highland School

Howard Shockey recently completed construction at Highland School in Warrenton, VA. The project is LEED-designed, with a goal of silver.

With architect dcs (Davis Carter Scott), Shockey finished new construction on a 53,987-square-foot lower school and added 5,295 square feet to Highland's existing upper school.

The new lower school features 25 classrooms, art, science and computer labs and large library and music rooms. An open floor-to-ceiling rotunda connects the two story and one story sections of the building. In the upper school, a humanities and instructional technology wing was added; two classrooms were renovated. ✨

Upcoming Conferences

THE HOMESTEAD
BATH COUNTY, VA

Virginia Association of Counties (VACo) Annual Conference,
November 7-9, 2010; Visit us at Booth #701, November 7 and 8



△ AFTER: OUR HEALTH INC.,
WINCHESTER, VA [for related photo, see page 1.]

The Snapp Foundry in Winchester has seen plenty of action through the years. In 1935, Howard Shockey (*the person, not the company*) worked on a project there. The old structure included a blacksmith shop, and Howard Shockey (*the company, not the person*) performed maintenance work there. Recently, Shockey completed construction and renovation of three tenant areas as the newest phase of Our Health, Inc. SFCS, Inc. of Roanoke served as architect.

<< Looking Back, MOVING AHEAD >>

In 1935, Mr. Howard Shockey himself worked on a project for Snapp Foundry on Cameron Street in Winchester. Later, Howard Shockey (*the company*) performed maintenance work for years; Howard's son, Ralph, remembers taking shovels, hand drills and picks to the shop to sharpen them at the end of the work day.

Today, Howard Shockey & Sons continues to work in the same old building, but for a whole new use: renovated space for tenants in Our Health, Inc.,. Cited as an innovative model for the nation, the non-profit agency strives to improve the health of citizens in Winchester and the region. Shockey is proud to help Our Health move toward that goal. ✨