

THE LACY LEDGER

Fall 2010

Construction news and trends, plus a little light-heartedness

An exterior view of New West Sports Medicine and Physical Therapy in Kearney.



Orthopaedic Surgery & Physical Therapy New West Sports Medicine

Kearney, Nebraska

With only some minor landscaping remaining to be installed, early May brought a new beginning to New West Sports Medicine. The New West crew moved in and began seeing patients in their new facility on May 7th.

The building has roughly 32,000 square feet, and the seven New West physicians, along with three physical therapists and a host of support personnel are comfortably utilizing every inch. Among the included features are 24 exam rooms, four nurses stations, two x-ray rooms, MRI room, administrative offices and two casting rooms. The physical therapy section has eight individual treatment rooms, an open treatment area with cardio/weight exercise area, therapy pool, records storage, kitchenette, and offices for physician assistants and physical trainers.

Speaking of physical trainers, we learned something new about our client while working on this project. New West provides, at no charge, four physical trainers that assist 50 public schools in assessing sports injuries during practices and games. Given that most of these schools are in rural settings, this is a very valuable service. Kudos, and a great big Lacy Green Team thank you and congratulations on your new facility.



A look at the physical therapy open treatment area, located on the lower level.



A view down the main corridor shows the imaging waiting area and one of the nurses stations.



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Central Kitchen Project Grand Island Public Schools

Grand Island, Nebraska

It stretches the imagination to think of a kitchen capable of serving up 6,700 meals a day, but Grand Island Public Schools (GIPS) embarked on just such a project this past spring/summer—a central kitchen to consolidate and tackle the cooking needs of the elementary, middle and high schools.

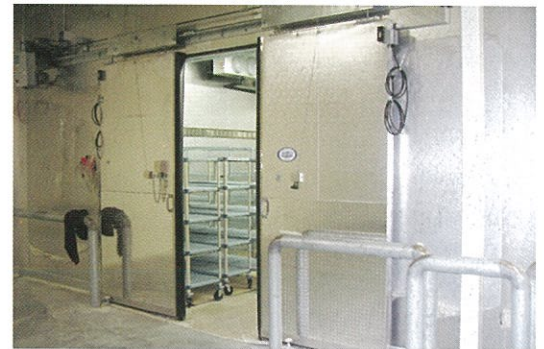
Sixty-seven hundred meals a day are only possible when you bring in large enough equipment—coolers that you can drive a forklift in and out of, multiple 80-gallon and smaller cooking kettles, and ovens large enough to accommodate roll in racks. Additional equipment includes a packager line that can automatically wrap small containers filled with fruits and vegetables, and a Combi Oven that can prepare items like French fries (without actually frying them), as well as chicken and fish entrees.

Instrumental to the operation is a Utility Distribution System (UDS) that controls the distribution of electricity, water and natural gas within the kitchen. The UDS control panel monitors the utility systems and allows staff to see if anything is malfunctioning.

GIPS also took a green step in deciding to switch from Styrofoam food trays to plastic, washable trays. Though washing the trays may require a little more work, the dishwashing equipment also has recycling in mind; it's set up to transfer heat to the rooftop heating units, which will be used to heat the building.

Transportation of the food also is provided for. With two overhead doors and loading docks to accommodate semi-trucks for the delivery of foodstuffs and other supplies, and three other receiving doors for GIPS trucks to deliver the food and then return the dirty trays, transportation issues are handled with ease.

Designed with room for even more growth in the student population, we are certain this facility will be cooking, baking, packaging, cleaning and transporting meals efficiently for a long time to come.



A drive-in refrigerator. We wonder if there's a home model?



80-gallon cooking kettles. Witches' brew or school lunches? We can only guess what the students think.



If you're going to have a drive-in refrigerator, why not supersize the dishwasher too?