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Gilliam Wellness recognized

From Contributed Reports

The Gilliam Wellness Center at Milligan College was named Construction Project of the Year at a recent awards ceremony hosted by the Association of General Contractors in the Tri-Cities.

The state-of-the-art facility, designed by Reedy and Sykes Architecture and built by Burleson Construction, received first place in Division 1, which included projects costing less than \$5 million.

The judges considered several criteria — the design team, the project management/construction team, scheduling performance, overall aesthetics, sensitivity to the environment, contribution to community, innovation in construction techniques, project safety record and overall quality of workmanship.

“We are pleased that the Gilliam Wellness Center has received this recognition,” said Donald Jeanes, president at Milligan. “We were very intentional in the design and construction of this facility in order to make it environmentally friendly and a beautiful addition to our campus.”

The 7,100-square-foot building also became the first building in the region to earn the prestigious Leadership in Energy and Environmental Design Gold certification.

To be LEED certified, the Gilliam Wellness Center has a recycling area, maximizes the use of natural lighting and incorporates energy-efficient lighting, windows and plumbing fixtures. It also features other items, including a water garden for capturing runoff to improve campus irrigation.

The facility is equipped with cardiovascular fitness equipment, both free weights and a weight machine circuit, an aerobics classroom, and a spinning room equipped with 10 spinning bikes.

The center also features seven wall-mounted flat-screen televisions, including three that are part of a Nintendo Wii activity area. Additionally, the center provides space for Milligan’s campus nurse, director of intramurals, and the director of wellness and leisure activities.

“This was a wonderful project to be involved in and we are very proud of its accomplishments,” said Chad Brown, project manager for Burleson Construction. “The awards received are clearly a testament to Reedy and Sykes Architecture and the foresight of Milligan College.”

The Gilliam Wellness Center, which opened in spring 2010, was funded by Richard and Leslie Gilliam of Charlottesville, Va., in memory of Richard’s father, Marvin, a 1938 graduate of Milligan.