

R.M. COCHRAN COMPANY, INC.

Newsletter - December 2012

RING IN THE NEW YEAR



RECENT PROJECT

Urban Edge

48 SCHOOL STREET, ROXBURY, MA

Project Description

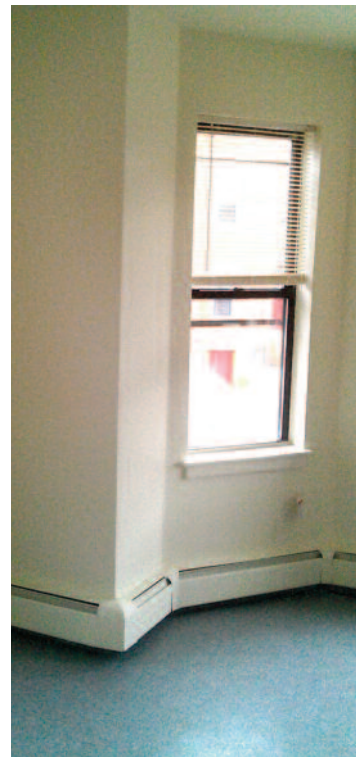
Urban Edge hired RM Cochran for the completion of water damage repairs at this Roxbury unit.

Some of the repairs completed included adding new insulation, sheetrock and paint, electrical repairs, subfloor repair and the installation of VCT.

During Construction



After Construction



INSULATING: SAVING MORE IN 2013

Insulation Terms

Batt

Blanket insulation manufactured to dimensions as required by a specific application

Blanket Insulation

A relatively flat and flexible insulation in coherent sheet form furnished in units of substantial area.

Block Insulation

Rigid insulation preformed into rectangular units.

Board Insulation

Semi-rigid insulation preformed into rectangular units having a degree of suppleness, particularly related to their geometrical dimensions.

Closed Cell Foam

A material comprised predominantly of individual non-interconnecting cellular voids.

Fibrous Insulation

Insulation composed of small diameter fibers that finely divide the air space. Fibers used are silica, rock wool, slag wool or alumina silica.

Open Cell Foam

A material comprised predominantly of interconnecting cellular voids.

R-Value (Resistance)

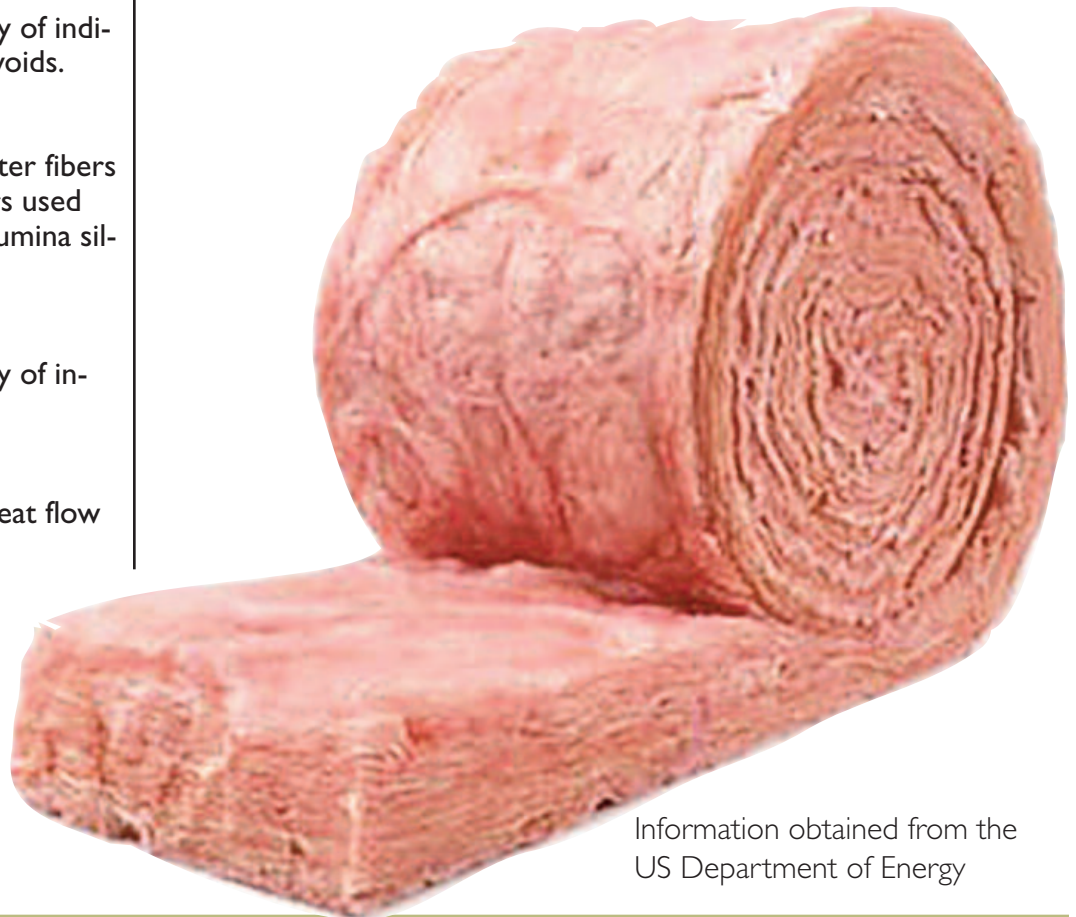
A measure of the ability to retard heat flow rather than the ability to transmit heat. R-value is the numerical reciprocal of "U" or "C," thus $R = 1/U$ or $1/C$. Thermal resistance R-value is used in combination with numerals to designate thermal resistance values: R-11 equals 11 resistance units. The higher the "R," the higher the insulating value.

Blanket: Batt and Roll Insulation

Blanket insulation -- the most common and widely available type of insulation -- comes in the form of batts or rolls. It consists of flexible fibers, most commonly fiberglass.

Batts and rolls are available in widths suited to standard spacing of wall studs, attic trusses or rafters, and floor joists. Continuous rolls can be hand-cut and trimmed to fit. They are available with or without facings. Manufacturers often attach a facing (such as kraft paper, foil-kraft paper, or vinyl) to act as a vapor barrier and/or air barrier. Batts with a special flame-resistant facing are available in various widths for basement walls and other places where the insulation will be left exposed.

Standard fiberglass blankets and batts have a thermal resistance or R-value between R-2.9 and R-3.8 per inch of thickness. High-performance (medium-density and high-density) fiberglass blankets and batts have R-values between R-3.7 and R-4.3 per inch of thickness.



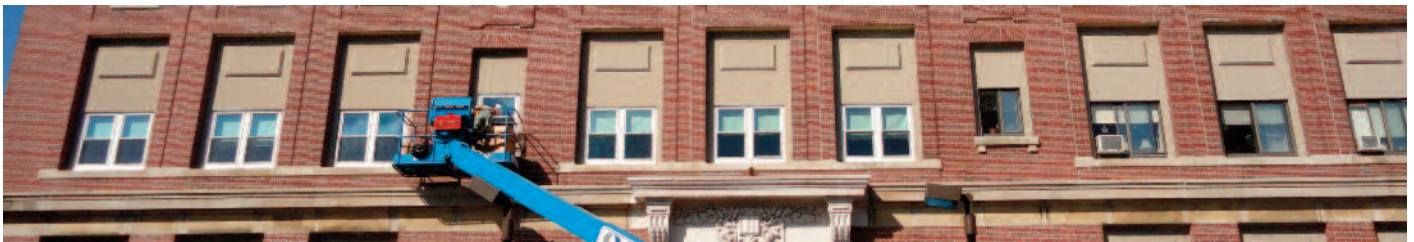
Information obtained from the US Department of Energy

About RM Cochran Company

R.M. Cochran Company is a full service commercial contractor & property services firm serving the needs of **Commercial and Residential property management firms** throughout New England for more than a decade. This experience has given us an appreciation of the competing demands, deadlines and budget restrictions that you face.

R.M. Cochran Company is staffed with licensed and knowledgeable personnel that will be responsive to what you need. *We pride ourselves in maintaining critical industry certifications like Lead-Safe.* Our sole focus is assisting property managers in an efficient & affordable manner. With our comprehensive range of services, one convenient call gets the job done at a competitive price.

R.M. Cochran Company has earned its **reputation solely based on CUSTOMER SATISFACTION** through our quality workmanship, attention to detail and prompt service to our client base. As hundreds of our clients will tell you, we come highly recommended.



RM Cochran Company Inc. 10 Draper Street #33 Woburn MA 01801

SERVICES & CERTIFICATIONS

Build Out/ Interiors

Framing, sheetrock, plaster, paint, flooring (carpet, VCT, hardwood) acoustical ceiling and MEPs

Masonry Restoration

Brick/Block repair or replacement, concrete patching, masonry pointing, epoxy injection and restoration cleaning.

Waterproofing

Controlled water testing and leak troubleshooting, roof leak repair, caulking repair or replacement (window sealants/control jointing), masonry clear coating and concrete deck coatings.

Concrete/Steel

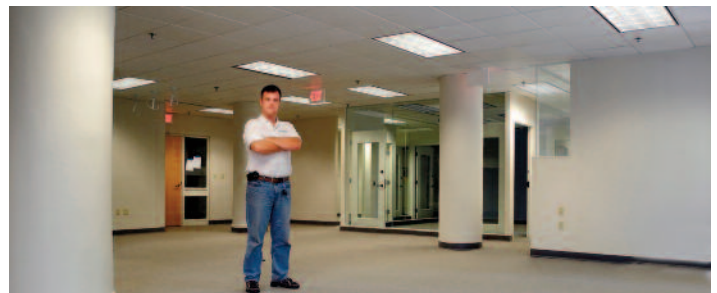
Sidewalks, steps, walkways, ramps and railings (including ADA, interior/ exterior)

Glass Replacement

Installations & replacement of insulated, plate & storefront glass

Carpentry

Kitchens (ADA), doors (interior/ exterior: wood, steel & fire) and windows (new construction & replacement)



Reasonable Accommodations & Worker Safety

Making facilities accessible for



the disabled (ADA grab bars & ramps), and the removal of physical barriers for the disabled. Fall Protection for your employees and vendors.

Lead Safe Certification

EPA requires individuals conducting lead-based paint activities (abatement, inspection, and risk assessment) in target housing and child-occupied facilities to be trained and certified. Our staff is



accredited to ensure quality, and certified individuals must follow specific work practices ensuring that lead hazards are addressed.