

# Capstone Technologies

by Bonny Mayer

Just when you think all of the renovation in Corn Hill has been completed, pioneers step forward to restore another home. In March, Michael and Sitima Fowler of Capstone Information Technologies Inc. purchased the Rowley-Frost Italian Villa at 252 South Plymouth Avenue. Capstone had been sharing space at 260 South Plymouth for several years. As the business grew, their need for more space was apparent. Residing in Fairport with their two children, the Fowlers considered moving the business closer to home. However, they had come to enjoy the convenience of downtown, the ease of walking to restaurants and the emerging opportunities associated with the downtown development. When the building became available, they elected to stay in Corn Hill.

The 4000 square foot home was built in 1870 by William and Caroline Rowley. The next owner was Edward Frost who was followed Mr. Greenberg, an attorney. Upon his death it became the law office of Mr. Falk & Associates.

In preparation for their business move, the Fowlers renovated, painted and restored much of the grandeur of this stately dwelling. The offices, six of which are available for rent, have high ceilings, restored chandeliers and several fireplaces.

In talking to Michael and Sitima, you learn that these are exactly the kind of pioneers who

would take on such a daunting challenge. Sitima earned a B.S. degree in Electrical Engineering and a Master's degree in Manufacturing Management and Leadership from RIT. Her projects range from implementing automated manufacturing controls for Xerox to leading research and manufacturing efforts in fuel-cell technologies for General Motors. She

was a finalist for Business Woman of 2008 by Enterprising Woman Magazine. While working for Xerox in Baltimore area, she met Michael. Mike has a B.S. degree in Production Management from the University of Maryland and 20 years of experience managing process improvements and technology initiatives. The Fowlers created Capstone Information Technologies, Inc. in 2003.

The company, with a staff of seven, targets businesses or non profits with 20-200 employees and provides project managers, consultants, engineers and application developers to meet customers' IT needs. One of the stronger areas of support is e-mail management. See their listing on the last page of the Gazette.

The Fowlers and Capstone Information Technologies, Inc. are enthusiastic neighbors and welcome individuals or small enterprises to join them at the Rowley-Frost Homestead or utilize the services listed. The capstone represents something considered the highest achievement or most important action in a series of actions. We welcome the Fowlers who have put the "capstone" on one of the fine old homes on South Plymouth Avenue.

