

## TRAINING Fire Life Safety

On Wednesday, February 17th, the Chicago Fire Department Bureau of Education and Training will present the Fire Life Safety guidelines to tenants at NBC Tower. All Life Safety team members and their alternatives will be asked to attend. The event will take place in the NBC Tower conference center's main conference room located on the 20th floor. In order to accommodate everyone, two seminars will be offered at 9:00AM and 10:00AM.

On Thursday, February 18th, NBC Tower's annual Fire Life Safety Drill will take place.

NBC Tower continues to make every effort to provide security and safety for its tenants. We thank you for your participation in this important matter.



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## 1 City, 1 Food Drive Results

This year, NBC Tower implemented a virtual food drive, 1 City, 1 Food Drive with Greater Chicago Food Depository (GCFD). In combination with building on-site donations and the virtual drive, NBC Tower collected 1,535 meals, which thanks to tenant effort made NBC Tower the 7th highest virtual drive contributor. On-site donations are still being counted, and the grand total will be announced in next quarter's newsletter. Thank you all for your contributions!

GCFD is a Chicago non-profit food distribution & training center that provides food for hungry people while striving to end hunger in the Cook County Community. The food depository has a network of 650 pantries. Last year, GCFD was able to collect 68 million pounds of food, which is equivalent to 155,000 meals every day.

One out of seven Illinois residents suffer from hunger. If you are looking to make a difference, whether it be volunteering, holding your own food drive, or donating, [here](#) are some ways to actively contribute to fighting hunger in Chicago.

## Blood Drive

On Wednesday, March 23rd from 9:00AM to 3:00PM please join us for the NBC Tower Blood Drive, sponsored by LifeSource.

Last year, by implementing a 2nd blood drive in the Fall, NBC Tower was able to collect 83 units of blood, which will impact the lives of 241 individuals. Thank you for your donations! To date, BOMA/Chicago has collected approximately 2,500 units of blood impacting 7,256 lives in our surrounding community.

Appointments are preferred, but walk-ins are welcome! Stay tuned for dates of the two pre-drive registrations which will be held in the main lobby.

Did you know?

- Approximately 41,000 blood donations are needed every day.
- 1 donation has the potential to save as many as 3 lives.
- 3 teaspoons of blood can save a baby's life.

For more information on LifeSource, donor preparation, or how to start your own drive please visit [www.lifesource.org](http://www.lifesource.org).

## Girl Scout Cookie Day March 31st & April 7th



Girl Scout cookie season is upon us! NBC Tower is teaming up with the Girl Scouts of Chicago and NW Indiana to bring you cookies to the NBC Tower lobby on March 31st and April 7th. The Girl Scouts will be on hand to fix your cookie cravings with Samoas, Do-Si-Dos, Thin Mints and more!

Did you know the Girl Scout's Cookie program is the largest girl-run business in the world? All the net revenue raised through cookie sales stays with local council, and troops. The revenue is used in educating and preparing girls for the future, community projects and is often donated to a worthy cause.

When you buy Girl Scout cookies, you're doing your part to help Girl Scouts make our community a better place!



## Our Gift to You

Kick off 2016 with a New Years Gift of Health  
from Universal Wellness Source of Streeterville!

Contact us to schedule your  
**FREE spinal exam, FREE spinal adjustment  
and FREE 15 minute massage before 2.25.16!!**

\*\*Only Valid for businesses/employees within NBC tower.  
Offer Excludes Medicare, Medicaid, Tricare, Workers Comp & Personal Injury Cases  
Offer is first come, first serve with Limited Availability. Offer must be redeemed by 2.25.16.

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## Introducing Shoe Drop

NBC Tower has partnered with Shoe Drop to provide shoe shine and repair services to all occupants of the building. NBC Tower will have its own Drop Spot, located in the Office of the Building on the 20th floor. Shoes can be dropped off any time Monday through Friday, 8AM-5PM. However, to ensure same day pick-up, drop off is recommended no later than 11AM

Shoe Drop guarantees to use only the highest quality products and materials so your shoes will look better and last longer.

[Download](#) the Shoe Drop App to activate your account and get started today. First time users are given a \$10 off discount with promo code FIRSTTIME.

In addition to the shoe repair services offered through the Office of the Building, Shoe Drop can also offer on-site visits providing premium shines to your employees. Visits are \$100/hour and can be scheduled by contacting Chris at [chris@shoedrop.com](mailto:chris@shoedrop.com).

Please contact the Management Office at (312)-222-9611 with any questions.

**SHOE DROP**

*GIVE YOUR SHOES SOME LOVE  
WITH OUR QUALITY SHINES & REPAIRS.  
FOR MEN & WOMEN.*

# Cityfront Café: A Look Ahead

Cityfront Café is kicking off the new year with nutritious meals and buy now, snack later options, through the end of January. If you missed the National Popcorn Day celebration on January 19th, no worries! Cityfront Café has more upcoming celebrations for you to enjoy:

**Game On!** Cityfront Café will be offering a tailgating theme at all stations during Super-bowl week, February 1st-February 5th.

**Mardi Gras** celebrations are known for being over-the-top indulgent and Cityfront Café is bringing the taste of New Orleans to you during the week of Mardi Gras, February 8th-February 12th, with a Cajun themed menu. Menu items will include Jambalaya, catfish, crab maison, crawfish, king cake and more!

Let Chef Jay cater to your romantic

Valentine's Day dinner with lobster tail, filet mignon, roasted garlic potatoes, and a dozen chocolate covered strawberries. Orders need to be placed in the café by February 9th, 2:30PM, and picked up on February 12th before 2:30PM. Heating instructions will be included.

**Celebrate St. Patty's Day** with Cityfront Café and a good luck lunch on Thursday, March 17th with a feast featuring corned beef and cabbage, potatoes O'Brien, Shamrock cookies, cupcakes and more!

And while you're in the café, why not join the Cityfront Café Rewards program? Every \$1 you spend, earns 100 points which can be redeemed for free meals! It's free and easy to sign up! Next time you're in the café, pick up your card and start earning points instantly!

 [@cityfrontcafenbc](https://www.instagram.com/cityfrontcafenbc)  [@cityfrontcafenbc](https://twitter.com/cityfrontcafenbc)  
 [Cityfront Café](https://www.facebook.com/CityfrontCafe)

## Winter Warm Up February 3rd

On February 3rd, from 7:30AM to 9:30AM in the West lobby, NBC tenants will be treated to complimentary coffee and hot chocolate by Espressoamente Illy. Come say hello and get warm with your fellow tenants!

## Earth Hour March 19th

Earth Hour is a world-wide event taking place on Saturday, March 19th from 8:30PM—9:30PM during which individuals, communities, and businesses are encouraged to turn off their non-essential lights to raise awareness about climate change.

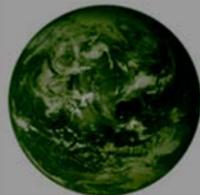
Earth Hour started in 2007 in Sydney, Australia, when 2.2 million individuals and more than 2,000 businesses turned their lights out for one hour to take a stand against climate change. Since then, the event has grown to engage more than 7,000 cities and 162 countries and territories worldwide.

NBC Tower is proud to have contributed to these efforts and looks forward to doing so again in 2016.

## Tenants Go Green™

**Tenants Go Green Meetings are held quarterly and open to all building tenants.**

Last year, Tenants Go Green meetings were held throughout the year in efforts to raise green awareness and solutions to making not only your work environment a green-friendly environment, but also your own personal lifestyle.



During the fourth quarter, Colin Senuta with Unisource, discussed green products currently being purchased at NBC Tower and how they are used on a daily basis.

This year, NBC Tower is continuing this green effort and will be hosting the first quarter meeting of 2016 on Wednesday, March 9th from 10:00AM to 11:00AM on the 20th floor in the medium conference room. Complimentary breakfast from Cityfront Café will be served.

If your company is interested in joining the Tenants Go Green program, please contact Mari Barrera at [maricruz.barrera@am.jill.com](mailto:maricruz.barrera@am.jill.com)

## Upcoming Events

- February 3rd— Winter Warm Up
- February 17th— Fire Life Safety Training
- February 18th— Fire Life Safety Drill
- March 9th— Tenants Go Green Meeting
- March 19th— Earth Hour
- March 23rd— Blood Drive
- March 31st & April 7th— Girl Scout Cookies



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