

## Tenant Appreciation Summer Concert Series

Please join NBC Tower for the final concert of the three-part summer concert series in the plaza. The concert will be held on Wednesday, August 3rd, weather permitting on the plaza, from 11:30AM - 1:00PM, featuring Latin percussion/guitar ensemble, Guitarra Azul.

We hope you come out to enjoy the music and the complimentary nacho bar provided by Cityfront Café.

Once again, redemption tickets will be distributed to each desk the week of the concert. Please feel free to contact the Management Office at (312) 222-9611 with any questions.



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## Updated Building Delivery Policy

A new security protocol effective July 1, 2016 will re-route all deliveries to the building through the Dock Office. This includes but is not limited to: food deliveries, flowers and gifts, messenger services, UPS, FedEx and any other deliveries with the exception of USPS. Delivery personnel will no longer be allowed to use passenger elevators during normal business hours. The only exception to this policy will be when the Dock Office is closed after 4:30PM; in this case deliveries may be permitted through the lobby only with prior management approval.

If you are expecting a food delivery please request it to be made to the dock. Driving directions are as follows: if coming from Lower Illinois take a right on St. Clair, a left on Lower North Water, follow the curve around and the Dock will be located on the left. If coming from across the Chicago River take Lower Michigan running North, turn right on Lower North Water, follow the curve around and the Dock will be located on the left.

Please contact the Management Office at (312) 222-9611 with any questions or concerns. Thank you for your assistance as we work to strengthen building security at NBC Tower.

## Flu Shots

Flu season will be here before we know it and NBC Tower has partnered with FLU\*Ease to bring on-site flu shots to all tenants on Wednesday, September 21st from 8:30AM—1:00PM.

Seasonal influenza outbreaks can happen as early as October and the best way to prevent the flu is to get a flu vaccination. About two weeks after vaccination, antibodies develop that protect against influenza virus infection.

FLU\*Ease is an "in-network" PPO and HSA provider for United Health Care, Blue Cross/Blue Shield, Cigna and Humana. More information will be provided as the date gets closer regarding shots offered, rates and required paperwork.



**FLU\*Ease, Inc.**



## Supporting Farmer's Markets

Chicago farmer's markets support the environment, a healthy lifestyle and local economy by inviting vendors to sell fresh fruit, vegetables, and flowers. Connect with the community as you pick fresh produce!

- Downtown: Daley Plaza. Thursdays through October 27, 7AM—3PM.
- Lincoln Park: 1800 N. Clark St. Wednesdays/ Saturdays through October 29, 7AM—1PM.
- River North: Division & Dearborn Pkwy. Saturdays through October 29, 7AM—1PM.
- North Center: 4100 N. Lincoln Ave. Saturdays through October 29. 7AM—1PM.
- South Loop: Polk St. & Dearborn St. Saturdays, 7am-1pm.
- West Loop: 211 S. Peoria St. Saturdays, 8AM—1PM.

For a full list of farmer's markets around the city visit the City of Chicago's

[website.](#)

## Employee Spotlight

This past May, NBC Tower welcomed Steve Castans as Security Director.

Steve joins NBC Tower with over 40 years of Law Enforcement and Private Security experience, holding degrees from the FBI National Academy, Northwestern University's School of Police Staff and Command, and the University of Kentucky's Police Management Institute.

Steve can be contacted at (312) 222-9611 or via email at [steve.castans@securitasinc.com](mailto:steve.castans@securitasinc.com).



In July, NBC Tower announced Michael Faucher as the new Assistant Chief Engineer following Ken Heklowski's retirement.

Michael has been a part of the NBC Engineering team for the past 26 years and we congratulate him on his achievement.





### Universal Wellness Source

<h2>\$37</h2> <p><b>2-visit Chiropractic Package</b></p>	<h3>1<sup>ST</sup> VISIT</h3> <p>Includes a Doctors Consultation, Focused Examination, 2 Spinal X-Rays*, Digital Posture Analysis + Gait Analysis (\$395 Value) <small>*if medically necessary</small></p>	<h3>2<sup>ND</sup> VISIT</h3> <p>Includes an Initial Report on the First Exam Results + Chiropractic Adjustment (\$70 Value)</p>
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PATIENTS CURRENTLY UNDER CARE, MEDICARE, MEDICAID AND TRICARE EXCLUDED.



**DR. ASHLIN GASIOROWSKI**  
**UNIVERSAL WELLNESS SOURCE OF STREETERVILLE**  
455 N. CITYFRONT PLAZA DRIVE, SUITE 2040  
CHICAGO, IL 60611  
312.600.6128 | [STR@UWSCHIRO.COM](mailto:STR@UWSCHIRO.COM)  
[UNIVERSALWELLNESSSOURCE.COM](http://UNIVERSALWELLNESSSOURCE.COM)

**OFFER CODE: NBCSUM16. VALID THROUGH: SEPT 30, 2016**

## Cityfront Café: A Look Ahead

Throughout the month of August, Cityfront Café will be featuring a special gourmet breakfast every Wednesday. Stop by to make sure you start your Hump Day just right!

While apples are crisp and delicious, they are also known to help lower cholesterol, prevent diabetes and help with weight loss. National Apple Week is celebrated from August 8th through August 12th. Stop by the Café for some delicious apple treats!

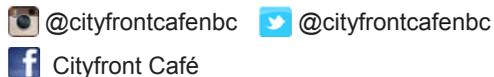
Cityfront Café calls all bacon lovers to celebrate the salty, savory and crunchy beloved pork meat on International Bacon Day, September 2nd. The café will be serving your favorite dishes topped with bacon.

Kick off Oktoberfest after work with Espressamente illy's Happy Hour with 50% off all beer specials.

Cityfront Café will also be celebrating on September 30th with a traditional Oktoberfest Feast. Stay tuned for details on the special meal chef Jay will be cooking up!

As you celebrate with the Café, we hope you use your Rewards card to earn more points towards a free meal! Not a member yet? No problem! Next time you visit the café, pick up a card at the cashier checkout counter and start earning instantly! Every \$1 earns you 100 points which can be used for free food and prizes!

See what Cityfront Café has to offer by viewing their menu at [www.cityfrontcafe.com](http://www.cityfrontcafe.com).



## LifeSource Blood Drive

Once again, NBC Tower is teaming up with LifeSource to help save lives with a blood drive which will be held on Wednesday, September 28th from 9AM—3PM.

During the last blood drive, held in March 2016, NBC Tower was able to collect 47 units of blood which helped benefit 137 individuals!

Despite advancements in medicine today, there is no substitute for blood. Every two seconds, someone is in need of blood. Unfortunately, while 37 percent of the population is eligible to donate blood, less than 10 percent actually donate.

Be on the lookout for additional information regarding sign-up and the blood drive event.

## Notary Public Amenity

Did you know the Management Office provides Notary Public services at no cost to the tenant?

Stop by the Management Office in Suite 2000 during normal business hours, 8AM to 5PM, to take advantage of this building amenity.

## Tenants Go Green™

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

During the second quarter Tenants Go Green meeting on June 8th, the ComEd Energy Efficiency team came to discuss ways in which consumers can save energy at work and money on their energy bills at home.

Here are some energy use facts:

- A PC monitor left on overnight can waste enough electricity to laser print over 500 pages.
- Only 5% of the power drawn by a phone charger



is used to charge the phone. The other 95% is wasted when left plugged in.

- Leaving your fan running overnight over the summer wastes enough energy to power your iPhone for 25 years or your laptop for a year.

In addition to making conscious energy choices, consumers are also encouraged to sign up for a free energy assessment that includes free products for your home.

The next meeting will be held on September 14, 2016. If your company is interested in joining the Tenants Go Green program please contact Mari Barrera at [maricruz.barrera@am.jll.com](mailto:maricruz.barrera@am.jll.com).

## Upcoming Events & Holidays

- August 3rd - Tenant Appreciation Summer Concert #3
- September 5th - Labor Day
- September 14th- Q3 Tenants Go Green Meeting
- September 21st - Flu Shots
- September 28th - Blood Drive



## Welcome to the Building

NBC Tower is proud to welcome the following new tenant to the building:

Cumulus Media

[www.cumulus.com](http://www.cumulus.com)

*Is your company interested in submitting an article to be placed in the NBC Tower quarterly newsletter? All requests are due a week before the start of the respective quarter. Submit all requests and questions to Mari Barrera at [Maricruz.barrera@am.jll.com](mailto:Maricruz.barrera@am.jll.com). We look forward to hearing from you!*

## MANAGEMENT STAFF

Main Office Line: (312) 222-9611

[www.nbctower.com](http://www.nbctower.com)

Nat Repp, Vice President/General Manager  
[nat.repp@am.jll.com](mailto:nat.repp@am.jll.com)

Kevin Boraca, Assistant General Manager  
[kevin.boraca@am.jll.com](mailto:kevin.boraca@am.jll.com)

Jasmine Blumenstein, Property Administrator  
[jasmine.blumenstein@am.jll.com](mailto:jasmine.blumenstein@am.jll.com)

Mari Barrera, Property Administrator  
[maricruz.barrera@am.jll.com](mailto:maricruz.barrera@am.jll.com)

Kylie Merth, Tenant Service Coordinator  
[kylie.merth@am.jll.com](mailto:kylie.merth@am.jll.com)

Allen, Alic, Chief Engineer  
[allen.alic@am.jll.com](mailto:allen.alic@am.jll.com)

Mike Faucher, Assistant Chief Engineer  
[michael.faucher@am.jll.com](mailto:michael.faucher@am.jll.com)

Steve Castans, Director of Security  
[steve.castans@securitasinc.com](mailto:steve.castans@securitasinc.com)

Salvador Estrada, Day Janitorial Supervisor  
[salvador.estrada@abm.com](mailto:salvador.estrada@abm.com)

