



Tower Talk

THE NEW CONTINENTAL TOWERS • SPRING 2016

Welcome Mat: PECO Pallet



A national leader in pallet pooling services recently leased office space at Continental Towers. Let's offer a warm welcome to the team from PECO Pallets, a company based in Irvington, New York that maintains more than 1,300 service and manufacturing depots throughout the U.S., Canada and Mexico. PECO products are used by more than 95 percent of the grocery, warehouse club and discount retailers nationwide.

According to PECO's Eric Christ, the company selected Continental Towers because of its proximity to O'Hare International Airport, numerous hotels and restaurants, and the central location, which is in close proximity to several key PECO customers.

"Chicago and the surrounding suburbs have a significant pool of supply chain professionals that will be needed to support our continued business growth," Christ said. "A high concentration of PECO employees live close to Chicago, and we would like to foster more collaboration. At Continental Towers, we'll have a nice office in the Chicagoland area to conduct interviews and meet with current and prospective customers." The PECO employees working at Continental Towers are mainly inventory planners and transportation coordinators.

a 24/7 basis. Look for the "Blue Light Intercoms" located on each level near the stairwells to reach Security personnel in emergencies. Glenstar will provide foot patrols during regular business hours for all levels of the parking deck.

- Another safety feature of the new structure is addition of luminous egress materials, which will provide luminous or "glow-in-the-dark" markings to railings, stair treads, exit doors, signage and protrusions during a power outage.

We hope Tower tenants and their guests will enjoy this great new parking structure. Please contact the Security office at **847-640-1825** with questions.

Tower Tenants Know How to Give Back



One way some tenants at Continental Towers connect with the immediate community is through regular and structured programs designed to give back following volunteer initiatives and special events. Here are two examples.

Komatsu. The staff at Komatsu practices a structured Corporate Social Responsibility (CSR) program that helps "to improve the quality of the local communities where we come to work each day." Komatsu centers on these three programs:

- **Junior Achievement.** Volunteers visit four north-west suburban schools to teach students from kindergarten through fifth grade about financial literacy and the value of staying in school.
- **Busse Woods Restoration.** Each spring and fall, volunteers partner with the Friends of Busse Woods organization to help remove invasive garlic mustard and buckthorn trees to improve the diversity of this nearby Cook County Forest Preserve.
- **Women in Need Growing Stronger (WINGS)** Through an on-site donation center, staff collect food, clothing, baby items and other products to help the women and children supported by WINGS, a Rolling Meadows-headquartered family services organization.

Lincoln Financial Group. The team at Lincoln Financial recently completed these two volunteer programs:

- **Feed My Starving Children.** On February 11th, 17 staff members volunteered to pack food for this non-profit organization, which distributes meals to under-nourished children around the world. Another effort is planned for the fall.
- **United Way.** From March 14th through the 17th, Lincoln Financial hosted a "50/50" fund-raising raffle, with tickets priced at 1 for \$2, 3 for \$5, 5 for \$7 and 10 for \$10. The winning ticket was drawn on March 17th, with proceeds going to the United Way.

Does your office have an upcoming or regular volunteer effort? We'd welcome your news. Please send to Kathy Cooney at kcooney@glenstar.com.

Floor Warden Meeting Report: New Parking Structure



By Bob Wilson, Director of Security

At the March 9th Floor Warden's Meeting, the key subject of discussion was the status of the new parking deck, now nearing completion at the Continental Towers complex. Here's a quick summary of key issues:

- Tenants and guests can now park on all four levels. Vehicles should enter through the East driveway, and after parking they should use the East doors to enter the complex. There is a functioning elevator in the West stairwell; the West driveway and building entrance will be opened in the future. Building card access will be provided at both entrances to the Commertium later this spring.
- The maximum vehicle height is 7 feet; the parking structure offers 735 total spaces available on a first-come basis. There are designated spaces for cars with valid handicapped tags and some designated for compact cars. Rolling Meadows Police will enforce use of the handicapped spaces.
- Tenants and guests should be aware that no one can smoke or consume alcohol anywhere in the parking structure; violators could lose parking privileges. All other general parking rules apply.
- Drivers are advised to drive slowly, as traffic is two-way on all decks and ramps. Please watch for oncoming traffic and pedestrians. Now that the structure is opened, security cameras located on all levels, have come on line and will operate on





THE NEW
CONTINENTAL TOWERS
MANAGEMENT TEAM

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Calendar of Events

Mark your calendars! Call the Management office at **847-640-1800** if you have questions regarding any of the events listed below:

- Book Fair ~ April 27th and 28th, 10 a.m. to 2 p.m. in the Commecium
- Jewelry Fair ~ May 4th, 10 a.m. to 3 p.m. in the Commecium
- Floor Warden Meeting ~ June 8th, 9 a.m. in the Tower 3 Conference Center

Sure Sign of Summer: Farmer's Market & Food Trucks



Two popular summertime activities – visiting a farmer's market and enjoying menu items from those increasingly popular food trucks – can be enjoyed just a short distance from Continental Towers on selected Saturdays starting in May. The City of Rolling Meadows announced it will host the "Farmers and Food Trucks City Market" from 10 a.m. to 2 p.m. at the City Hall parking lot, 3600 Kirchoff Road. Along with produce from nearby farms, visitors can purchase handmade jewelry, crafts, clothing, art, health, beauty and pet products. Participants also can enjoy live music, raffles and activities for children. Can't make it on a Saturday? This year the City will host four Friday evening markets from 4 to 8:30 p.m. starting June 10th, in conjunction with the 2nd Annual Block Party. Visit this link for details. <http://www.ci.rolling-meadows.il.us/379/Farmers-Market-Food-Trucks>

foodbarz! To Experiment With Expanded Hours, Offers New Food

By Terry Ramsett, Founder

Some tenants at Continental Towers are working longer these days, and some have extended work days and break times. Many customers of **foodbarz!** have asked if we could provide extended service hours to meet their needs for a healthy, satisfying meal or snack. So, starting Monday, March 21st, **foodbarz!** launched a two-week trial of extending closing time until 6 p.m. This gives guests an opportunity to enjoy a hot entrée during the late afternoon or evening hours, or even take a meal home. If you've visited **foodbarz!** recently, you may have noticed two great new menu options, one for breakfast and one for lunch:

- For breakfast in the Hot Corner, we now offer the Omelet Bar, where guests can order classic omelets like the Denver and others, or create a custom three-ingredient omelet with toast or tortillas for \$5.49. Garlic roasted red potatoes are available as a side dish for \$1.99.
- Miso is a traditional Japanese soybean based paste used for sauces, soups and broths. Guests visiting the Hot Corner can now order Miso Broth Bowls that include either grilled chicken or pulled pork or a vegetable version with edamame, broccoli, roasted red peppers and mushrooms. These delicious Broth Bowls cost \$6.49 to \$6.99, with optional extra vegetables available.
- In addition, we have switched our Bakery to another company and we are offering a larger assortment of heartier, thicker bread options.

And, watch for news soon about online ordering from **foodbarz!** Of course, we always welcome guests at our restaurant in the Commecium, and we welcome inquiries for catering orders via catering@foodbarz.com.



CAC Health Corner

By Charles Herring, Assistant General Manager

Along with eating healthy and nutritious foods, proper fluid intake is critical to staying healthy. Everyone should drink plenty of water throughout the day and consider these general guidelines to help prevent performance-diminishing, health altering effects from dehydration and hyponatremia: Aim for 1:1 fluid replacement to fluid loss ratio, drink fluids with sodium during prolonged exercise sessions, and drink carbohydrate-containing sports drinks to reduce muscle fatigue.

The **MyStart Assessment** service offered by the Continental Athletic Club is a complementary fitness consultation to help you achieve your goals and maintain a healthy lifestyle. The service includes testing in the following areas: Blood pressure, body composition, body circumferences, cardiovascular endurance, and biomechanical function in hips, lower back, chest, and shoulder areas.

March is **Dollar a Minute Massage** month for select dates at the CAC. Continental Towers tenants and guests can sign up for 15 or 30-minute sessions. And, if you want to learn more about the exciting sport of racquetball, the CAC will host a Racquetball Clinic on March 26th at 9 a.m. Call the CAC to learn more about these events and other services at **847-981-7777** or visit us in the Commecium.