



Tower Talk

THE NEW CONTINENTAL TOWERS • SUMMER 2018

Conference Enhances Security and Safety



By Kevin Tomich, Allied Universal Security Services

On May 23rd, GlenStar Asset Management, LLC was pleased to host a presentation, "The State of High Rise Security," at Continental Towers. The morning-long conference attracted property managers and security directors from across the Chicago area to learn from featured keynote speaker, Geoff Craighead, Vice President of Field and Safety Training for Allied Universal Security Services.

Allied Universal serves as Continental Towers' partner in providing security professionals to protect the people and property of our office campus. During the seminar, Craighead referenced his book, "High-Rise Security and Fire Life Safety," in describing the unique challenges posed in securing skyscrapers, office and mixed-use commercial real estate properties.

Craighead detailed the type of security policies and life safety systems commonly found in these facilities, while outlining ways to conduct risk assessments and response plans for building emergencies. The property management, engineering and onsite security teams of Glenstar Asset Management, as well as the leadership from our security team with Allied Universal, were in attendance to learn ways to potentially enhance the security and safety program at Continental Towers.

While Continental Towers is not by definition a high-rise office complex, we're happy to report that many of the procedures outlined in Mr. Craighead's presentation have been put into practice over the years. These procedures will be revised as needed to help ensure the safety of tenants and guests, and the entire complex.

Green Corner: Earth Day 2018 Remembered



By Kathy Cooney, Assistant Property Manager

The GlenStar management team would like to thank everyone who participated in our Earth Day Meet & Greet event April 26th in the Commecium. We received some great questions on recycling and related topics. Thanks to all who brought in plastic bags for recycling, and we hope you enjoy the special gift you received. The bags were donated to a group at St. Thomas of Villanova, where the bags are used to make mats for the homeless. We donated five large sacks filled with the plastic bags – way to go!

And, congratulations to Anthony Vasquez, who was our Chicago Cubs ticket winner. Anthony, who

attended his very first Cubs game this season, was participating in the "Take Your Child to Work Day" at tenant IAT, and he also helped others with the questionnaire. Way to Go Anthony!



Cubs ticket winner Anthony Vasquez with his IAT tenant mom, Elsa Perez.

The total e-waste collected and averted from landfills was 2,077 pounds. To date this year, the recycling program at the Towers kept 13.91 metric tons of waste from landfills, but we know we can do better. Last year, we saved 18.65 metric tons of waste, and the population within the Towers is greater in 2018.

Look for information soon on an upcoming educational event regarding our recycling program. In addition, we have provided the cleaning crew with additional training on how to better manage the recycling program. With these measures, we are confident we can decrease the amount of waste that gets sent to landfills. One initiative we can all do is this: **Think before you toss.** And don't forget to purchase recycled materials whenever possible.

Emergency Alert Text System



By Bob Wilson, Director of Security

The management of Continental Towers is pleased to announce the rollout of its "emergency alert" messaging system for tenants. This is yet another layer of our Fire & Life Safety Program to notify tenants as quickly as possible in critical incidents.

Utilizing AMG Alerts software, we have the ability to launch text messages from a desktop or mobile device 24/7. This system will not replace any communications tools we currently utilize, but rather enhance our capabilities to keep people informed. With short predefined text messages, we can direct alerts to a specific tower or company with several different options on who to notify. Updates can follow with other texts or more detailed information through email messages.

Tenants complete their own data entry over the internet, update contact information, or can opt out of the system whenever they choose. If you're interested in taking advantage of this program, contact your company Floor Warden for instructions on how to register.

If you have questions or would like additional information about the program, please contact the GlenStar Management Office at (847) 640-1800.





THE NEW
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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:

- Summer Subs on the Plaza Deck ~ July 12
- Blood Drive ~ July 19, 8:30 a.m. to 2:30 p.m., Conference Room 105

Summer Cycling Update & Tenant Bike Rack Reminder

In early 2017, Rolling Meadows and Arlington Heights announced plans to build a new bicycle path on the north side of Euclid Avenue, between Salt Creek Lane and Rohlwing Road. Construction of the new path is progressing, and cyclists should be able to use the route later this summer.



The management team at Continental Towers encourages bicycle commuting by tenants, and we have installed bike racks in the parking garage along the SE and SW corners of the 1st level. Beyond Continental Towers, there are some outstanding bike routes within Rolling Meadows and Busse Woods. If you need to map out a cycling route this summer, please visit this site for details: <http://www.mapmyride.com/us/rolling-meadows-il>

Know your Fireworks for a Safe Summer

With the summer of 2018 upon us, the GlenStar management team would like to offer safety tips for summer fun and safety. We hope you have a safe and healthy summer!



Fireworks: Each 4th of July, thousands of people, most often children and teens, are injured while using illegal fireworks. Fireworks are typically defined by two categories. **Approved** consumer fireworks include: sparklers, cones with showers of sparks, fountains and repeaters/cakes, in addition to mines, comets, tubes, shells, fancy florals and parachutes. **Prohibited** consumer fireworks are illegal to use and possess in Illinois. These include sky lanterns, all hand-held fireworks, bottle rockets, firecrackers of any size or type, sky rockets, roman candles, chasers, buzz bombs, helicopters, missiles, pin wheels and planes.

All fireworks should be considered dangerous. So please let the trained professionals handle fireworks this Independence Day. The following towns will celebrate the 4th of July with firework displays that you can safely watch:

- Arlington Park – Sunday, July 1st
- Palatine – Tuesday, July 3rd
- Rolling Meadows – Wednesday, July 4th
- Barrington – Wednesday, July 4th

CAC Health Corner Phrase of the Day: Be a Tiki Titan!



By Asther Kim, Regional General Manager

Are you looking to stay in tip top shape this summer? It's getting warmer, the sun is shining and summer is here! Are you ready to jump into your health and wellness to make the most out of your summer? If so, we want to share our summer membership promotion as well as our new summer challenge to help you stay active in the summer. From now until June 30th, you can join the CAC with no upfront enrollment cost.

The Tiki Titan challenge, which starts June 18th, is a great way to begin a summer fitness program. Registration is only \$15, and you can learn details by checking in with the CAC front desk. Here are some highlights:

- The 8-week Activity Challenge. Pick up your challenge card at the front desk to learn the activity for that week. New cards will be available every Tuesday.
- Activities include: Complete 20 group exercise classes; Bike 100 miles or climb the stair climber; Run/Walk 65 miles outside, on treadmill or elliptical (pick one only).
- Complete all of the activities – in any order – and have it signed off by an associate.
- The first to complete the challenges for both men and women will receive prizes!

Want to learn more about fitness options at the CAC? Call us at **(847) 981-7777** or stop by and visit us in the Commecium.