

VIEWS



RECYCLING AT NATIONAL CITY TOWER

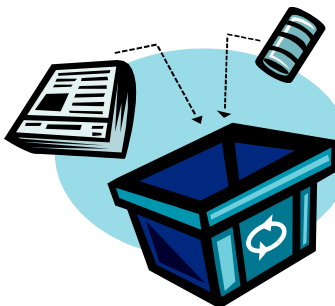
HOW WE'RE KEEPING THINGS GREEN ...AND WHAT YOU CAN DO TO HELP!



It happens every day - we receive advertisements and other junk mail we don't want, we print more copies than we need, we discard the newspaper, used envelopes, and outdated memos. It's tempting to toss it all in the wastebasket, but this excess use of paper comes at a price.

Did you know:

- Americans throw away enough writing and office paper annually to build a wall 12 feet high stretching from Los Angeles to New York?
- Every day American businesses generate enough paper to circle the Earth 20 times?
- Every ton of waste paper recycled saves more than 3.3 cubic yards of landfill space & \$30 in disposal costs alone?



National City Tower is working hard to help reduce waste and the depletion of natural resources - and we're making it easy for you to do your part, too! We currently provide small plastic desk-side cans expressly for paper recycling. The cans are emptied bi-weekly, but more frequent pick-up can be arranged. And don't worry about sorting what you drop in the bin: our recycler currently accepts ALL paper including newsprint and colored paper.

If you are not currently recycling and wish to do so, please call Building Management at 589-4280 and we'll be happy to provide a bin for your use. Helping the environment can just become part of a day's work!

For additional information on local recycling, visit www.louisvilleky.gov and click on GO GREEN LOUISVILLE.

THE DOWNTOWN LOWDOWN

Kentucky Art Car Weekend August 3rd - 4th 715 West Main Street

Art car artists from across the country will converge on the 700 Block of West Main Street, where their cars will be on display Friday afternoon and evening and Saturday morning. Friday evening car artists will be available to talk with visitors about their cars, and some will have original works of art available for sale. This will coincide with the first Friday gallery hop in downtown Louisville. Saturday morning the car artists and their cars will be back on Main Street, where a special workshop related to art cars will take place in front of KMAC.

Kentucky Bluegrass Festival August 3rd - 4th The Belvedere

Live Bluegrass music, great barbecue, and kids entertainment at one of Louisville's oldest and best-known music events. Pickin' welcome! For more information call 583-0333 or visit www.bisigimpactgroup.com.

"WORK" Late Wednesdays Every Wednesday Evening

Participating Downtown Restaurants, 5-7 PM

Stay downtown after work and enjoy the biggest Happy Hour in town. Catch up with some old friends or make a few new ones. Heck, invite the boss...he might even pay. Participating downtown bars and restaurants will be offering happy hour specials every Wednesday night from 5-7PM. For more information, visit www.worklatewednesdays.com

Ironman Triathlon August 26th

Waterfront Park, North Great Lawn

Join thousands of sports fans to witness the inaugural Ford Ironman Louisville Triathlon where more than 2,300 athletes will transition from a 2.4 mile swim in the Ohio River to a 112 mile bike and a run of 26.2 miles at Waterfront Park. Athletes from around the world will compete in the world's most challenging endurance event, pushing their mental and physical limits to reach the finish line at *Fourth Street Live*.

JULY

30th

School Supply Drive Begins!

Help local students get ready for the school year by donating paper, pencils and other necessary supplies! (Drop off your donations in the main lobby near the security console).

AUGUST

2nd & 3rd

10:30 AM - 1:00 PM

Main Lobby

Actors Theater Season Ticket Sale

What's on stage this season? Find out...and purchase tickets at a discounted price!

13th

Monday Morning Perk-Up!

Enjoy a cup of coffee & a donut in the Lobby!

SEPTEMBER

3rd

Labor Day

Bank Holiday; Management Office Closed

10th

Monday Morning Perk-Up!

Make it a healthy morning with a granola bar and fruit! In the Lobby.



www.nationalcitytower.com
for the latest news and activities in
National City Tower

**National City
T O W E R**

Management & Leasing

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Annual School Supply Drive

National City Tower & Greenebaum Doll & McDonald team-up for the best one yet!

July 30 - Aug 10

In just a few short weeks, school will be back in session - and National City Tower and Greenebaum Doll & McDonald PLLC are helping local kids get ready. Beginning Monday, July 30th, NCT will be collecting school supplies to benefit The Center for Women and Families. Last year's drive was a huge success and we hope to make a bigger impact this year. You can help children in need by providing such things as backpacks, pencils, notebooks, crayons, markers, scissors, glue and other classroom items.

Drop-off bins will be located in the main lobby near the security console or, for GDM employees, in Lori Hayden's office. We thank you in advance for your contributions—and we know that plenty of kids will be appreciative, too! Please call Building Management at 589-4280 if you need additional information.



Thank You for your contribution!

National City Tower and American Red Cross would like to thank you for your participation in our July 18th Blood Drive. The drive yielded **18 pints of blood** - and at a time when Louisville is in critical need. We hope to surpass that number at our Fall Blood Drive! (Stay tuned for the date!)

CONGRATULATIONS TO OUR JULY WINNER!

Last month, we asked about your favorite way to enjoy the summer months. We got great responses, but **Chris Thompson of Humana** told us how he goes on vacation - without leaving the city!

"Everyone in the family picks a weekend that they are free to get their house ready for a party...and cater to everyone as if they were on vacation. A couple of weeks back there was a Fiesta. Everyone had sombreros to wear, we listened to salsa music, had Mexican food and played different games associated with the culture. Last weekend, we had a Luau out by the pool: we had grass skirts and leis for everyone and we took turns in dancing contests. We cooked out and had a pig roast and just relaxed." The great part: "Whoever hosts the party cleans up the mess like on a vacation when hotels and restaurants take care of everything, but it's local and the whole family gets to spend time together."

Congratulations, Chris! And thank you to everyone who submitted their ideas for how to have fun in the summertime.



WIN LUNCH ON US!

More and more people are thinking "green" these days, and recycling is just one of the many things we can do to support our planet. Have you made any lifestyle changes due to concern for the environment? Do you know any tips or tricks that conserve resources? We'd like to know how you do your part...and the winner will receive a gift certificate for lunch on us!

E-mail your response to m.doyon@nationalcitytower.com.

Do you have feedback about this issue that you'd like to share with us or story ideas you'd like featured? Please email m.doyon@nationalcitytower.com. We love hearing from our tenants!