



National City Tower

FEBRUARY 2009

## BLACK HISTORY MONTH

While the accomplishments of African-Americans should be celebrated all year long, February is the month when we focus on their contributions to American society. The roots of Black History Month can be traced to the early part of the 20th century. In 1925, Carter G. Woodson, an educator and historian began campaigning among schools, journals and black newspapers calling for a "Negro History Week" to be celebrated. This would honor the importance of black achievement and contribution in the United States. He was able to institute this "Negro History Week" in 1926 during the second week of February. This time was chosen because Abraham Lincoln's and Frederick Douglass' birthdays occurred then. Woodson was awarded the Spingarn Medal from the NAACP for his accomplishment. In 1976, "Negro History Week" turned into Black History Month, which we celebrate today.



"We must learn to live together as brothers or perish together as fools."  
- Martin Luther King, Jr.

## THE DOWNTOWN LOWDOWN

**First Friday Gallery Hop**  
Friday, February 6th | 5p.m.-11 p.m.  
Downtown Louisville

It's an art show. It's a tourist attraction. It's a street party. It's a celebration of downtown Louisville that is bringing new visitors to the Main and Market corridor. The First Friday Trolley Hop takes place on the first Friday of each month from 5-11 p.m., rain or shine. Most of the galleries close around 9 p.m. but the restaurants, clubs, and shops stay open later. The trolleys run until 11 p.m. FREE parking is available at Slugger Field, Main Street at Jackson, and the 4th St. Live Garage after 6 p.m. Free parking is also available on the street after 6:00 p.m.

For more information visit: [www.firstfridaytrolleyhop.com](http://www.firstfridaytrolleyhop.com)

**Brightside's Green Tie Bash**  
*Party with the Ponies*  
Friday, March 6th | 8 p.m.-Midnight  
The Olmstead

Brightside's 3rd annual Green Tie Bash, sponsored by AT&T, is presented by the Young Professionals Association of Louisville and the Louisville Urban League Young Professionals. Proceeds benefit Brightside's downtown beautification programs. Individual tickets are \$45 (\$35 for YPAL and LULYP members). Sponsorship opportunities are available for this fun event! This event attracts hundreds of Louisville's young professionals. Mark your calendars for Friday, March 6, 2009 to dance the night away at The Olmstead. Co-emcees are Angie Fenton and Aaron Miller and music by DJ Reggie Regg. Green cocktail attire encouraged!

Visit [www.brightsideinc.org](http://www.brightsideinc.org) for more information.

### SAFETY TIP

For the safety of you and everyone in your office, please remember to turn off your coffee pots at the end of the day.

**FEBRUARY 2009**

**BLACK HISTORY MONTH**

5th - **GODIVA CHOCOLATIER**  
*Join us from 11am to 2pm in the Lobby.*

12th - **LINCOLN'S BIRTHDAY**

14th - **VALENTINE'S DAY**

16th - **PRESIDENT'S DAY**

**PERK UP**  
*Join us in the Lobby for donuts and hot coffee.*

17th - **BLOOD DRIVE**  
*NCT Conference Room*

22nd - **WASHINGTON'S BIRTHDAY**

24th - **FLAG DAY**

25th - **ASH WEDNESDAY**



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For the latest news and activities in National City Tower

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

**NCT BLOOD DRIVE**

Each time you give blood you can help: patients having surgery, people with cancer, people whose blood won't clot on its own, accident victims, people whose blood is very low in iron, burn patients, people with sickle-cell disease, and your friends and family!

On **Tuesday, February 17th from 9:30 a.m. to 1:30 p.m.** in the **19th floor conference room**, National City Tower and The American Red Cross will be hosting a blood drive. To make your appointment, call the building management office at 589-4280. Walk-ins will also be accepted.

Donate blood so you can help your community meet its needs and get a good feeling that money can't buy!

*For more information on how you can help visit: [www.givebloodgivelife.org](http://www.givebloodgivelife.org)*

**THINGS TO KNOW ABOUT GIVING BLOOD:**

1. Be in generally good health.
2. Weigh at least 110 lbs.
3. You may make a donation every fifty-six days.
4. Donors are encouraged to eat well-balanced meals on the day of a donation.
5. Pregnant or breast-feeding women should wait until six weeks after a normal delivery before giving blood.
6. Know all the names of any prescription medications you take.
7. All donors are required to have a photo I.D.
8. In about 10 minutes, you will have given about a pint of blood!

**MAKE YOUR DAY A LITTLE SWEETER**

Stop by the lobby on February 5th from 11 a.m.-2 p.m. and treat yourself to a sample of delectable Godiva Chocolates while shopping their luxurious selection of decadent gifts sure to please the Valentine in your life. They will be offering a special 5% discount on any purchase made by National City Tower employees. Additionally, if you pre-order chocolate-dipped strawberries during this event, you will get 6 strawberries for the price of 4. Strawberry orders must be picked up from the Mall St. Matthew's location on February 13<sup>th</sup> or 14<sup>th</sup>.

**CONGRATS TO OUR WINNER!**

Congratulations to Monica Stewart of Humana Inc., winner of last month's "Keep Fit on Us" contest. Her entry won her a free month's membership to the downtown YMCA. Thanks to all who entered and good luck to all of you on your New Year's resolution.

**WIN LUNCH ON US**

Back by popular demand is the NCT Sudoku contest!! Test your mind and see if you can solve the puzzle.

All entries will be placed into a drawing for a free lunch on us!

*One entry per person, please. You must office within the Tower to be eligible. Entries may be faxed to 589-0245 or dropped off in the management office in Suite 2410. Please include your name, employer, and phone number on your entry. Entries must be received by February 20th.*

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