



February 2008

NCT HEALTH FAIR 2008

National City Tower tenants started their new year off at the National City Tower Health Fair on January 24th, where some Louisville health experts were on hand! The first 150 participants picked up a free pedometer, courtesy of National City Tower, along with valuable fitness and healthy lifestyle facts.

Humana Fitness was there to provide blood pressure screening, while Whole Foods Market made sure everyone knew the latest nutrition information and passed out fresh fruit. YMCA of downtown Louisville measured attendee's weight, height, body mass index, and body fat percentage. Former professional ballet dancer Patricia J. Reid of Prima Pilates sold many on her individualized pilates workouts. And finally, Stephanie Hodgkins from LA Weight Loss Center gave tenants some solid gold ideas, learned from her successful experience with hundreds of clients.

For more information on these vendors and how you can contact them, e-mail n.heller@nationalcitytower.com.



NATIONAL CITY TOWER COAT DRIVE A SUCCESS!

We're helping make Louisville warmer, one coat at a time! A big thank you to all our tenants who donated new and gently used coats. With your help, we were able to send over 75 coats to Louisville citizens in need at Wayside Christian Mission

and The Schuhmann Center.

Wayside Christian Mission

Wayside is one of Louisville's main safety nets, providing hope to thousands each year. In addition to their shelters, which provide a safe haven for men, women, and children, Wayside also employs Operation White Flag. When temperatures are 35 degrees or lower in winter, Operation White Flag is in effect. The Wayside van searches for homeless people who haven't made it into a shelter, and transports them to safety. For those who don't wish to go to a

shelter, the van leaves coffee, sandwiches, coats, and blankets or sleeping bags. For more information about Wayside and Operation White Flag, visit their website at www.waysidechristianmission.org.

Schuhmann Social Service Center

The Schuhmann Social Service Center assists the homeless and needy by offering food, clothing, and social service referrals in an atmosphere of dignity and respect. For more information about the Schuhmann Social Service Center, visit their website at www.schuhmanncenter.org.



SAFETY REMINDER!

With cold weather upon us, please remember to smoke in designated areas only. Smoking is not permitted in the garage or annex.

Keep your identity safe with these great tips!

- Remove mail from your mailbox as soon after delivery as possible.
- Deposit outgoing mail in street mailboxes or at your local post office instead of your home.
- Never give personal information over the telephone.
- Shred any documents with personal information such as pre-approved credit applications, credit card receipts, bills and other financial information.

“Our office strongly encourages people to sign up for a service that limits the amount of junk mail you receive,” Attorney General Jack Conway.

- Obtain a copy of your credit report once a year to check for unusual activity.
- Check your financial statements in a timely manner, and immediately report any changes you don't recognize to your financial institution.
- Report all lost or stolen credit cards, checks or driver's licenses.
- Memorize your social security number, and never carry the card in your wallet.
- Beware of mail or telephone promotions offering instant prizes or awards. (If it sounds too good to be true, it probably is.)

MAYOR, POLICE OFFER TIPS TO PREVENT IDENTITY THEFT

“Identity theft is a growing problem not only in our community, but across the country,” according to Mayor Jerry Abramson. “We want people to know there are simple steps to keep that valuable financial information from falling into the wrong hands and wrecking your bank account.”

Abramson was joined by Louisville Metro Police Chief Robert White and Attorney General Jack Conway. Both offered tips to avoiding identity theft,

as well as help to victims trying to restore their credit history after they discover fraud.

“We investigated 670 cases of identity theft last year,” White said. “Our detectives think the actual numbers are likely much higher, because many victims report the fraud only to their bank or credit card agencies. Our officers have been successful in tracking down some of these identity thieves and charging them with the

appropriate crimes so they can't victimize anyone else.”

LMPD Fraud offers several tips for citizens to keep their identities safe. (See tips at left.)

For more information about the Keep Louisville safe initiative, visit, www.LouisvilleKY.gov or call 574-LMPD.

Information for this article was obtained from the Citizen Observer.

THE DOWNTOWN LOWDOWN

The Crystal Heart Gala

Louisville Marriott Downtown

February 23, 2008

A February mainstay in Louisville, The Crystal Heart Gala draws hundreds of business and medical leaders from throughout Kentuckiana. 2008's Gala will feature music by Emmy award-winning musician Tim Brickley, a marvelous meal served at Monte Carlo-themed tables, and valuable items, up for auction. This year's event will also include a special appeal focusing on children's heart-health issues, including congenital heart defects and the risk factor of obesity, an increasingly serious problem among Kentucky kids. Presenting sponsor: University of Louisville

For more information and ticket reservations visit:

www.americanheart.org

Muhammad Ali Center Plaza to Open Soon

The Muhammad Ali Center will soon open its long awaited public plaza, a park-like feature which will be the centerpiece of a 10-acre complex of plazas and walkways along the Ohio River. The plaza will feature an amphitheater, a contemporary garden, a fountain and a waterfall overlooking the river. It will provide Downtown pedestrians with an excellent new location to enjoy a coffee break, to meet friends or to read a book during a lunch hour. The plaza fountain was designed by environmental artist Athena Tacha, while artistic glass elements in the plaza were designed by glass artist Kenneth VonRoenn. The plaza represents a \$5 million investment in Downtown public open space and it is scheduled to open within a few weeks.

For more information on the Muhammad Ali Center visit:

www.alicenter.org

THIS MONTH IN HISTORY



Abraham Lincoln

(February 12, 1809 - April 14, 1865)

- Abraham Lincoln became the first president to originate from outside the original thirteen states of the USA.
- He was the tallest president, at a towering height of 6 feet and 4 inches.
- Lincoln was afraid of dentists after one broke off part of Lincoln's jawbone by pulling a tooth.
- When Lincoln was a little boy, he almost drowned in Knob's Creek, but was saved by a neighborhood boy.
- Lincoln was colorblind.
- An 11 year-old girl suggested that Lincoln grow his beard.
- He was the first President to be assassinated. He was shot five days after the end of the Civil War.

In honor of President's Day this month, we've put together some interesting facts on two of our most beloved Presidents.



George Washington

(February 11, 1732 - December 14, 1799)

- Washington had red hair.
- By the time he became President, Washington had only one tooth left. Contrary to popular belief, none of his false teeth sets were made from wood. The set made when he became President was carved from hippopotamus and elephant ivory, and held together with gold springs.
- George Washington was actually born on February 11, 1732; however, in 1752 the American colonies switched from the Julian calendar to the Gregorian calendar. The switch involved shifting dates by 11 days. Thus George Washington subsequently celebrated his birthday on February 22 and to this day that is the date we celebrate as his birthdate.

Celebrate Mardi Gras on Tuesday, February 5th

Mardi Gras came to New Orleans through its French heritage in 1699. The name Mardi Gras means Fat Tuesday. And of course, it is celebrated on that day of the week!

The date of Mardi Gras can fall between February 3rd and March 9th, depending on the lunar calendar. Used by the Catholic church to determine the date of Easter, Mardi Gras is always 47 days before Easter Sunday.

The official colors of Mardi Gras are purple, green, and gold. These colors were chosen in 1872 by the King of Carnival, Rex. He chose the colors to stand for justice (purple), faith (green), and power (gold).

Be sure to stop by the main lobby on Tuesday, February 5th at 8 a.m. for festive doughnuts, hot coffee, and beads, courtesy of National City Tower!

The History of Saint Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday?

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential

soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages in



secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

According to another legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter - who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today.

Valentine's Day is Thursday, February 14th

Looking for the perfect gift this Valentine's Day? Stop by the National City Tower main lobby to order your custom flower arrangement from Colonial Designs.

Representatives will be accepting pre-orders from 11 a.m. to 2 p.m. on February 12th and 13th. For more information, contact the Building Management office at 589-4280.

February 2008

5th - MARDI GRAS PERK-UP

Join us in the lobby for this special "Fat" Tuesday Perk-Up with complimentary festive doughnuts, hot coffee, and beads.

6th - ASH WEDNESDAY

12th - LINCOLN'S BIRTHDAY

12th-13th - Colonial Designs Flower Sale

Main lobby from 11 a.m. to 2 p.m.

14th - VALENTINE'S DAY

18th - PRESIDENT'S DAY

Bank closed

19th - NCT BLOOD DRIVE

19th floor conference room

22nd - WASHINGTON'S BIRTHDAY



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

GIVE BLOOD - THE GIFT OF LIFE

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 19th from 10 a.m. to 3 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!

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!

For more information on how you can help The American Red Cross® visit: www.redcross.org.

"Life's greatest happiness is to be convinced we are loved."

- Victor Hugo (1802 - 1885), *Les Miserables*, 1862

Congratulations to our January Winner!

Last month, we asked what ideas and suggestions you had for our newsletter in 2008. We received many great answers, but in the end it was **Humana's Suzanne Wright** who won us over. Not only did Suzanne win lunch on us, but her ideas are also featured in this month's NCT Views. Look for them in the article on Saint Valentine, and the Sudoku contest!

Congratulations Suzanne and a big thank you to everyone who submitted an entry!

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Win lunch on us!

Solve the Sudoku puzzle and fax your correct answer to 502.589.0245, or you may drop it off in the management office on the 24th floor, suite 2410.

All participants will be entered into a drawing for a free lunch, on us!

Do you have feedback about this issue that you'd like to share with us or story ideas you'd like featured?

Please email n.heller@nationalcitytower.com. We love hearing from our tenants!
