



MARCH 2009



MARCH MADNESS

One of the fun amenities National City Tower is pleased to offer its tenants is our annual March Madness Zone. This year during the SEC & Big East tournaments and into the National Championship tournament, the daytime games will be shown on one of the two televisions in our new Wi-Fi area located in the south lobby. In the event that any of our local teams are playing, both televisions will be tuned in and special refreshments will be provided. This year the Big East Championship begins on March 10th and ends on the 14th. The SEC Tournament Championship begins on March 12th and runs through the 15th and the National Championship tournament begins on the 19th. During this time, NCT will hold a special drawing in the Lobby for a chance to win either UK or UofL fan merchandise. The drawing will take place on March 20th at 12:00 noon. Stop by the Wi-Fi area to enter. *You must work within the Tower to be eligible.*

SAFETY SERIES: SAFETY TIPS FOR WALKERS

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, and it just makes you feel better all around. As the weather turns toward warmer days, many will take to the sidewalks to get some exercise and receive that extra dose of vitamin D we missed so dearly during the winter months. By taking note of the following safety rules, you will be assured a pleasant and trouble-free walk.

- Always walk in the direction facing oncoming traffic.
- If you have to walk alone be sure to tell someone which route you will be walking and what time you expect to return. Vary your routes and the times you go out.
- Be sure to carry ID in case of an accident or medical emergency.
- If you're walking on a cycling or pedestrian path, always walk on the right hand side so that faster walkers, runners and cyclists can easily pass.
- Walk defensively. Don't simply assume that all road-users know about the 'pedestrian has right-of-way' rule.
- Leave the headphones at home so that you will be alert to any potential dangers around you.

For this information and more like it, visit www.runnersworld.com.

TORNADO DRILL

In the United States, "tornado season" generally is in the spring from April through July, with May and June being the peak months. In order to prepare for this severe weather, NCT will be hold their annual tornado drill on March 24th. Information will be provided about the drill later in the month. When a tornado warning is sounded, please follow these building procedures:

- Move away from the perimeter of the building and any part of your work area where there is glass.
- Go to the center corridor of the building and sit down.
- Do not get on the elevators. Stay where you are until the danger has passed.

- Do not go to the lobby.
- In the event of a broadcast of a tornado warning in our immediate area, a warning will be announced on the public address system.
- After an "all clear" has been sounded, check for any possible injuries, and take appropriate action.
- Report any property damage which might present a danger.

If you have any questions or concerns about the drill or about NCT's tornado procedure, please contact the building management office at 589-4280.



NCT GREEN TIP

The average U.S. office worker goes through 10,000 sheets of copy paper a year. Make it a habit to print on both sides or use the back side of old documents for faxes, scrap paper, or drafts. Avoid color printing and print in draft mode whenever feasible.

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8th Daylight Savings Time

Don't forget to "Spring forward" one hour.

9th- PERK UP

Join us in the Lobby for fresh fruit, granola bars and coffee.

12th & 13th APPLE PATCH DERBY RAFFLE

11:30 a.m. - 1:30 p.m. in the Main Lobby.

HEAVENLY SILVER SALE

8:30 a.m. - 5:00 p.m. in the Main Lobby

17th ST. PATRICK'S DAY

April 2nd KY HEMOPHILIA PLANT HOPE SALE

Place your pre-order by calling 589-4280.



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For the latest news and activities in National City Tower

www.nationalcitytower.com

APPLE PATCH DERBY RAFFLE



You could win the Ultimate Derby package! Stop by the National City Tower Lobby on **March 12th & 13th from 11:30 a.m. to 1:30 p.m.** and purchase your chance to win a spot on Millionaires' Row. All proceeds benefit Apple Patch and support adults with intellectual and developmental disabilities.

For more information, please visit www.derbyaffle.com

HEAVENLY SILVER SALE

Stop by the Main Lobby **March 12th & 13th from 8:30 a.m. - 5:00 p.m.** and support the Fund for the Arts while you shop! Beautiful necklaces, rings, earrings and more will be 50% off marked prices with proceeds from each sale going directly to the Fund for the Arts. The Fund for the Arts' mission is to increase revenues for the arts and to enable our community to become the preeminent regional arts center in the United States. For more information about the Fund for the Arts visit: www.fundforthearts.com

For more information concerning the heavenly sale, please call Building Management at 589-4280.

KY HEMOPHILIA PLANT HOPE SALE

Each year, the Kentucky Hemophilia Foundation presents their annual Plant Hope Sale. These colorful, fragrant flowers add a distinctive touch to any environment and make excellent gifts as well. Fragrant Easter lilies and colorful tulips, hyacinths and mums, will be available in the National City Tower Lobby on **April 2nd from 11:00 a.m. to 2:00 p.m.** Each plant is in a 6-inch pot with a decorative foil cover, and priced at only \$9.65 per plant. All proceeds benefit the Kentucky Hemophilia Foundation. All pre-orders are due by March 30th.



To place your pre-order or for more information, please call Building Management office at 589-4280.

WILDLIFE SAFETY REMINDER

The squirrels living in our city have learned that humans are a ready source of food. Hand feeding is not recommended, however, because squirrels may carry diseases. Also, because of the location of their eyes, they often have a hard time telling fingertips from food, and bites are painful. Please be careful if you do feed the squirrels and remember every interaction you have with them makes them a little more dependent on humans.

NCT BLOOD DRIVE

National City Tower and the American Red Cross would like to thank those who participated in our February Blood Drive. The drive yielded 24 units of lifesaving blood! We hope to surpass that number at our next Blood Drive. (Stay tuned for the date!)

CONGRATS TO OUR WINNER!

Congratulations to Shelly Hartfield of Chrysalis Ventures, winner of the Sudoku puzzle drawing last month and a free lunch on us! Thank you to everyone who submitted an entry.