



May 2008

134TH KENTUCKY DERBY AND KENTUCKY OAKS



Kentucky Oaks
Friday, May 2nd

Kentucky Derby
Saturday, May 3rd



As the oldest continually held sporting event in the United States, the Kentucky Derby is often referred to as the greatest two minutes in sports. For those of you planning to don Derby hats and fill up those mint julep glasses on May 3rd, visit www.churchilldowns.com to find information about the latest Derby Day activities at the track.

National City Tower wishes all of our tenants a safe and happy Kentucky Derby and Kentucky Oaks 2008!

EARTH DAY AT NCT

“On April 22, 1970, Earth Day was held, one of the most remarkable happenings in the history of democracy...”

- American Heritage Magazine October 1993

Earth Day at National City Tower was “greener” than ever, with the Greater Louisville Bonsai Society and Kitty’s Plants and Produce in attendance. Tenants were able to observe a bonsai tree trimming or purchase one of Kitty’s unique planters filled to the brim with fresh spring flowers. We hope everyone enjoyed Earth Day this year, and don’t forget to watch for Kitty’s Plants and Produce, who will be back in the lobby on May 9th from 8 a.m. to 2 p.m.!



NCT EARTHQUAKE PROCEDURES

As we all know, earthquakes can strike suddenly and without advance warning. To help limit injuries to you and your fellow workers, the following procedures are the recommendations of the Federal Emergency Management Agency. For more information about earthquakes and other emergency procedures, visit <http://www.fema.gov/hazard/earthquake/index.shtm>.

- Remain calm. Do not panic, and do not attempt to go outside. Protect yourself.
- Drop to the ground; take cover by getting under a sturdy desk, table, or other piece of furniture; and hold on until the shaking stops.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as hanging objects, file cabinets, and shelves.
- Stay inside until the shaking stops and it is safe to go outside.
- Do not use the elevators.

If you have any questions or concerns regarding the Tower’s earthquake policies, please contact your Floor Warden or Building Management at 589-4280.

SAFETY REMINDER!

Don’t forget to secure your bike to one of our racks when leaving it unattended and always wear a protective helmet when cycling!

May 2008

- 2nd - KENTUCKY OAKS
- 3rd - KENTUCKY DERBY
- 7th - RELAY FOR LIFE
RAFFLE BASKETS
- 8th - RELAY FOR LIFE
RAFFLE BASKETS
- 9th - KITTY'S PLANTS &
PRODUCE
- 11th - MOTHER'S DAY
- 12th - MONDAY MORNING
PERK-UP
*Join us in the NCT Lobby
for granola bars and fruit.*
- 20th - BREAKFAST 'N
LEARN
- 26th - MEMORIAL DAY
*Bank and Building
Management Office
closed.*

CELEBRATE AMERICAN BIKE MONTH



Louisville is a great city for biking, and National City Tower agrees! We offer two bike racks for those tenants who choose to cycle their way to work. One of our racks is located at the corner of 5th and Main Streets. The other provides covered bicycle parking, and is located on Level D of the parking garage. Please remember that all cyclists must use the elevators located in the garage vestibule to access the rack as opposed to biking up the garage ramps.

If you have any questions about parking your bicycle at National City Tower, don't hesitate to get in touch with Building Management at 589-4280!

NCT MAY EVENTS

RELAY FOR LIFE

Greenebaum Doll & McDonald PLLC will be selling raffle rickets for their Relay For Life baskets in the NCT main Lobby on May 7th and 8th from 8 a.m. to 5 p.m. Participants will help raise money and awareness to support the American Cancer Society's cause in its mission to eliminate cancer as a major health issue. Each ticket costs \$1, or you may purchase six tickets for \$5. For more information, please contact Building Management at 589-4280.

KITTY'S PLANTS AND PRODUCE

Back by popular demand, Kitty's Plants and Produce will once again be selling their unique planters filled with annuals, perennials, and tropicals. They will be in the NCT main Lobby on May 9th from 8 a.m. to 2 p.m. Give your mother the gift of spring this Mother's Day and surprise her with a plant from Kitty's! For more information or to make a special request, please contact Building Management at 589-4280.

BREAKFAST 'N LEARN

Eating a healthy breakfast can help you perform and feel your best throughout the day, something we want all our tenants to experience! For tips on learning how you can start your day with the "breakfast of champions", we invite you to attend our Breakfast 'N Learn on May 20th, 2008 from 8:30 a.m. to 9 a.m. in Cravings Cafeteria. Discussions will include nutritional breakfast information, the importance of portion control and healthy breakfast options, along with a question and answer session where you can get feedback from a knowledgeable person in the field. Seating is limited, so please contact Building Management to reserve a spot at 589-4280, or you may also e-mail n.heller@nationalcitytower.com.

CONGRATULATIONS TO OUR APRIL WINNER!

Congratulations to Susan Goodgine of Sheffer Law Firm, winner of the Sudoku puzzle drawing last month and a free lunch on us! Thanks to everyone who participated!

WIN LUNCH ON US!

Recycling is just one of the many things we can do to support our planet. Test your recycling knowledge and answer the question below. All responses e-mailed to n.heller@nationalcitytower.com will be entered into a drawing for a free lunch on us!

About how many pounds of paper has the average 35 year old American thrown away in their lifetime?



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For the latest news and activities in National City Tower

www.nationalcitytower.com



Louisville and National City Tower are going green! In support of our green commitment, NCT has printed this month's newsletter on **50%** recycled paper. For tips on how you can go green, visit www.louisvilleky.gov/GoGreen/



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!