

PLUGGED IN

SEPTEMBER/OCTOBER 2014

RECYCLING – You are making a difference.

Since the new and improved recycling program was introduced at The CBOT Building, we have significantly reduced waste, which helps conserve natural resources and lower our waste hauling costs. Overall since its commencement, building tenants have generated over 2.08 million pounds of recyclable materials. This translates into saving 3,804 trees, conserving over 1.56 million gallons of water, and diverting nearly 700 cubic yards of

waste from landfills. Last month alone, building tenants generated 28,000 lbs. of recyclable material. We can increase those numbers by sending your recycled paper shred weight to drosenblum@glenstarproperties.com if you wish to have those numbers recorded. Thank you for everyone's continued recycling efforts and keep up the great work!

Croissants From France Soon to be Available at The CBOT Building

King Café will open its second Chicago location this winter on the west side of the South Lobby. They will offer a delicious array of gourmet coffee, breakfast, lunch and snack items. In addition to the sweet and savory

imported croissants, other menu items will include a variety of soups, sandwiches, salads and fresh-baked treats. Everything will be fresh, unique, and prepared by the friendly staff.



Gift from Ceres

Halloween is the time of year for stories of ghosts, spirits and mysterious happenings and The CBOT Building has a mystifying story of its own. According to the book "Unexplained Mysteries of the 20th Century," in December 1975, one-dollar bills rained from the sky over LaSalle Street, \$588 of which was returned to police. To this day, no one has been able to determine where the money came from or why. Some say it was a gift from Ceres.



CONTACT

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CALENDAR

SEPTEMBER

- 1: Labor Day; Office of the Building Closed
- 4: Race Judicata 5K Run & Walk
- 11: Patriot Day
- 14: AIDS Run & Walk
- 21: ALS Walk for Life, Brookfield Zoo Run
- 22: Autumn Begins
- 23: CBOT Building Health and Wellness Fair
- 24: Rosh Hashanah Eve
- 23: Walk to End Alzheimer's

OCTOBER

- 3: Yom Kippur Eve
- 4: Rosehill Cemetery Crypt 5K Run & Walk
- 5: O'Hare 5K on the Runway
- 11: City of Chicago Food Truck Rally
- 13: Columbus Day
- 18-19: OpenHouse Chicago
- 31: Halloween

NOVEMBER

- 1: All Saints Day
- 2: Daylight Savings Time Ends
- 2: Hot Chocolate 5K
- 4: Election Day



PARKING

GlenStar has negotiated a discounted rate for tenants with InterPark at the Traders Garage. Please contact Brent Young with InterPark at (312) 935-2772.



Sundry Shop Moving

Once renovations are complete, the Sundry Shop will relocate to the southeast corner of the North Lobby. Construction in the new space is currently underway and the move will take place in the coming months.

Tenant Survey Time

Please be on the look out for tenant surveys, which will be distributed electronically on September 11 via Kingsley. The surveys were created in partnership with USAA Real Estate Company. Your feedback is very important to us as we strive to create the best possible work environment for you at The CBOT Building. Thank you in advance for your participation in our tenant survey.

Did You Know?

Your CBOT Building Concierge can help you get ready for fall. Have a hot breakfast or afternoon coffee delivered right to the office! Need sweet treats for Halloween? Your CBOT Building Concierge will secure candy buffets and caramel apples to be delivered right to your office. Don't forget about tickets to creepy tours to explore Chicago's haunted past! Contact your CBOT Building Concierge, Emily Krieger, at (312) 605-9196 or cbotbuilding@conciergeunlimited.com.

Fitness Center Information At Your Fingertips



The CBOT Building Fitness Center is open 24/7 and is staffed 6am to 7pm Monday through Friday. During the staffed hours, personal training sessions, wellness services and group exercise classes are offered. Find the event calendar, group exercise calendar, and much more at <http://ffc.com/cbot-building-fitness-center/>

Upcoming Building Events

BREAK THE SILENCE ON OVARIAN CANCER

Ovarian cancer will cause an estimated 14,270 deaths in 2014, while an estimated 21,908 new cases will be diagnosed in the same time period according to ovariancancer.org. In an effort to build awareness of this deadly illness whose primary victims are women between the ages of 55 and 64, The CBOT Building will partner with National Ovarian Cancer Coalition (NOCC) and will light the Ceres statue teal in September.

HEALTH AND WELLNESS FAIR

On Tuesday, September 23 from 11am to 2pm on the east side of the second-floor South Building mezzanine, The CBOT Building will partner with Fitness Formula Club (FFC) to host a Health and Wellness Fair. Services such as eye exams, blood pressure screening and body fat testing will be available. Vendors on hand will include Chicago Wellness Center (Chiropractic), Divvy Bikes, Dr. Rozen (Dentistry), FFC, Fleet Feet, Fresh to Work, GNC, Rosin Eye Care and U-Sona. There will also be raffle prizes and giveaways.

EARLY DETECTION IS KEY

October is Breast Cancer Awareness Month. During the month, The CBOT Building will partner with the Lynn Sage Foundation and the Light the

Way to Find a Cure campaign to raise awareness by lighting the Ceres statue pink. This year the awareness campaign will emphasize the importance of early detection in survival. According to breastcancer.org, approximately 1 in 8 women will develop breast cancer over the course of their lifetime. In 2011, there were more than 2.6 million breast cancer survivors. With early detection, breast cancer can often be treated, leading to even more survivors.

OPENHOUSE CHICAGO

For the second year in a row, The Chicago Board of Trade Building is partnering with the Chicago Architecture Foundation to participate in their OpenHouse Chicago event. The CBOT Building will participate from 9am to 5pm on Sunday, October 19, the second day of the annual two-day free event that offers behind-the-scenes access to 150 buildings throughout Chicago. The building's vault will be open to the public while the Fifth-Floor Board Room will be open to Chicago Architecture Foundation members only. Over 3,000 OpenHouse Chicago guests visited the CBOT Building in 2013, which was the highest one-day total for a site. For more information visit <http://www.openhousechicago.org/>

Event Thank-You's

Gelato in July On July 16, over 1,000 people enjoyed homemade gelato from Caffe Gelato. Everyone enjoyed their sweet treats and the event was a huge success.

One Warm Coat Drive Thank you to those who donated coats from August 4-8 for Metropolitan Family Services. A total of 133 coats were collected for men, women and children.

