

# PLUGGED IN

ISSUE 23: JULY – SEPTEMBER 2016

## Amenities at the CBOT Building™

No reason to leave the building once you're here, we have everything you need!

### Roof Deck & Game Room



Spend time on the roof of the South Building this season and enjoy the weather without leaving the building. The Roof Deck and Game Room are open to you every day and night this season. Bring your lunch and a book or play some games with coworkers during your break; either way, check it out! The Game Room will remain open throughout the year however the outdoor deck will close for inclement weather and the winter season. *Take the South Building high-rise elevators from the 12th floor to the 22nd floor; switch to our brand new elevator.*

### Amenities Room



Laundry Service



Mobile Device Repair



Shoe Care and Repair

Add convenience to your busy schedule! Find out about the services provided to you from our Amenities Room on A-level. Dry cleaning services ([Pressbox.com](http://Pressbox.com)), off-site shoe shine & repair services ([shoedrop.com](http://shoedrop.com)), and device repair services ([fastfleettechs.com](http://fastfleettechs.com)) are available at your fingertips.

### Retail – Don't forget about the retailers throughout the Building

- 141 Jackson Fitness Center managed by FFC
- Food – Cellars Market, Ceres Café, King Café, Mezza Grill
- Banking – BMO Harris Bank, Burling Bank, Chase Bank, Lakeside Bank
- Bottom Line Yoga
- Conference Center
- Concierge Unlimited International services
- Dr. David Rozen D.D.S., Dr. Staci Sikora and Associates, Dr. Richard Reschke, N.P.
- Franco's Hair Salon
- Rosin Eye Care
- The Ticket Exchange
- Vased Flowers
- Zorin Newsstand



### CONTACT

**Dennis Lambert**  
Vice President & General Manager

**Karen May**  
Building Manager

**Alison Mevis**  
Tenant Relations Administrator

T. 312 435 7180  
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### CALENDAR

#### JULY, AUGUST, SEPT CITY EVENTS:

**July 1-3:**  
Windy City Rib Fest – Uptown

**July 4:**  
Independence Day Fireworks Show – Navy Pier

**JULY 6-10:**  
Taste of Chicago – Grant Park

**JULY 8 - 10:**  
Millennium Art Festival – Lake St./Michigan Ave.

**JULY 8 - 10:**  
West Town Street Fair

**JULY 17:**  
Chinatown Summer Fair

**JULY 21 & SEPT 8:**  
Adult Zoo Night – Lincoln Park Zoo

**JULY 28-31:**  
Lollapalooza – Grant Park

**AUGUST 4:**  
Special Olympics Rubber Duck Derby – The Wrigley Building

**AUGUST 5-7:**  
Chicago Hot Dog Fest – Lincoln Park

**AUGUST 18-21:**  
Festa Italiana – W.Taylor St. & Ashland

**AUGUST 27-28:**  
Taste of Greece – Greektown

**SEPTEMBER 5:**  
Labor Day

**SEPTEMBER 10-11:**  
Ravenswood ArtWalk

**SEPTEMBER 17-18:**  
Lakeview Taco Fest – Southport Ave.

**SEPTEMBER 23-25:**  
Chicago Gourmet – Millennium Park



### PARKING

For information on discounted parking with InterPark at the Traders Garage, please contact Mark Obeler at (312) 935-2724

For our social media enthusiasts, please follow and/or like us at:



#### New at FFC

Massage services are now available. Contact LuAnn Stockfleth for more information at 312-605-9012. Non FFC members can book services but must be tenants of the building.

## LEED Certification

The Building team has almost completed the performance period for the LEED certification process. We will be submitting our data for certification in the weeks following our performance period and are looking forward to earning LEED status for this building.

During the months of May – July, the building engineers along with our team at GOBY, Inc. are working to track our water and energy usage as well as find ways to make our building as sustainable as possible. Thank you to all tenants who participated in this process by completing our short commuting survey in May. Your data provided confirmation of our building's "Green" culture and allowed us to earn more points toward our certification.



Dennis Lambert

## New General Manager at CBOT Building

We would like to introduce Dennis Lambert, Vice President and General Manager at GlenStar, to the CBOT Building management team, replacing Michael Giese. Dennis has been managing another property owned by GlenStar and brings over 30 years' experience to the CBOT Building. Dennis can be reached at 312.435.7180 or by email at [dlambert@glenstar.com](mailto:dlambert@glenstar.com). We are excited to have him with us.

## Tenant Contact Forms

If you haven't filled out our new 2016 contact form for our Building and Security files, please contact Office of the Building at 312-435-7180. It is imperative that the management and security teams have the most accurate contact information for emergency situations. Even if your information may not have changed, we ask that you complete a new form so we have a recent submittal from every building tenant.

## Building Evacuation Drills

Thank you for your participation in the May 2016 building evacuation drills. If you were unable to participate and would like clarification on these procedures, please contact James Ramos at [jramos@premiersecuritycorp.com](mailto:jramos@premiersecuritycorp.com). We will hold another evacuation drill in fall 2016.

## Building Awards

The EBie Awards recognized Michael Giese, Vice President and General Manager at GlenStar Asset Management, LLC, with leading the charge for the CBOT Building's energy-efficiency projects. The EBie Awards recognize improved environmental performance in existing buildings, making buildings more sustainable and cost effective. We are thrilled that the EBies awarded Michael with this well-deserved honor. Under his leadership, the CBOT Building™ added nearly 40 points to our ENERGY STAR score and reduced our energy consumption by 42%.

## Leasing News

We would like to cordially welcome our newest tenants to the CBOT Building and thank the following existing tenants for renewing their leases:

### New Leases:

- Access Technology Solutions, Inc.
- Cosmos Holdings, Inc.
- Prescient Development, Inc.
- JRQ & Associates, LLC

### Lease Renewals:

- Neurensic, Inc.
- ICAP Services North America, LLP.
- Franco's Hair Salon
- Grant Park Securities, LLC

## Upcoming Events



### BLOOD DRIVE - JULY 14

GlenStar and LifeSource will host our second blood drive of 2016 in the Conference Center, Suite 240A, on July 14th. To make an appointment, please contact our Tenant Relations Administrator, Ali Mevis, at [amevis@glenstar.com](mailto:amevis@glenstar.com).

### ICE CREAM SOCIAL

Enjoy a cool treat on a hot summer day! Join us for ice cream in the 1st Floor South Building Lobby later this summer... More details to come soon



### FFC - WELLNESS FAIR:



FFC will be hosting the annual Wellness Fair this September in the Fitness Center, Suite 200A. The Office of the Building will provide more information soon!

