

JANUARY, FEBRUARY & MARCH AT THE TOWER

Regional Blood Center Blood Drive

Start off the New Year helping the Gulf Coast Regional Blood Center by giving the gift of life. We are happy to announce the hours have been extended from 9am- 3pm. Please contact the Management Office at (832) 369-5800 to schedule an appointment. Walk-ins are also welcome!

Tuesday, January 6
9 a.m. to 3 p.m.
P10 Dell

ALA Stairclimb Registration Kick-off

The American Lung Association will be here to register racers and volunteers. The Houston Firefighters will also be selling calendars that benefit the Houston Fire Fighter's Foundation.

Thursday, January 22
2nd Floor Lobby
10 a.m. to 2 p.m.

Valentine's Day Fair

Don't forget that special someone on Valentine's Day. From flowers to chocolates to jewelry, finding the perfect gift couldn't be easier.

Wednesday, February 11
Thursday, February 12
1st Floor Lobby

Go Texan Day Celebration


Celebrate Go Texan Day a day early! Sodexo will offer discounted barbecue. There will also be a DJ playing all your favorite country hits and hopefully some two-steppers.

Thursday, February 26
Tanglewood Terrace

Books Are Fun Book Fair

Graduation, spring weddings, and summer birthdays . . . they'll be here before you can say "what am I going to give?" Get a head start at the Books Are Fun Book Fair. Dates, times and more details are coming soon.

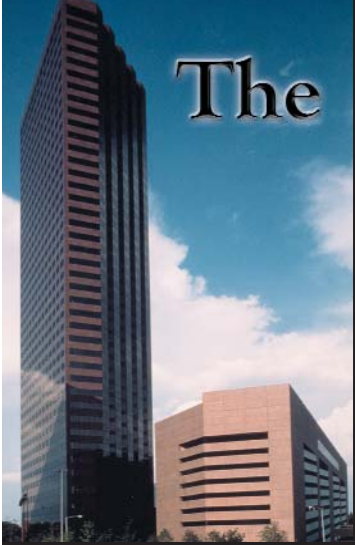
Tuesday, March 10
Wednesday, March 11
1st Floor Lobby



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 **TRANSWESTERN**

The Tower View is published by the building owners and management for the tenants of Marathon Oil Tower. If you have any questions or comments regarding the publication, you may contact Heather McMillon, 5555 San Felipe, Suite 110, Houston, TX 77056 or call (832) 369-5800.



The

Tower View

The Newsletter for Marathon Oil Tower Tenants

January, February, March 2009

AMERICAN LUNG ASSOCIATION STAIRCLIMB!

Hanover Real Estate Partners and Transwestern are proud to announce Marathon Oil Tower will be hosting the most unique event in Houston in 2009! The American Lung Association has chosen our building as the site for their first Stairclimb in Texas.

On May 16, 2009, hundreds of people will huff and



puff their way to the top of Marathon Oil Tower for a great cause. This is more than your same-old 5K. This event is a vertical race to climb 39 floors. These “vertical marathons” are a great way to challenge yourself physically. Whether climbing for a winning time or simply to cross the finish line; in honor or in memory of someone with lung disease, participants will benefit from the vigorous exercise while contributing to a worthy cause. We guarantee that everyone that crosses that finish line will have a newfound respect for healthy lungs!

The Houston Stairclimb will raise funds and awareness to support education, research, and advocacy programs so everyone can breathe easier. Participants of the Stairclimb support issues critical to family health, improving air quality, eliminating lung disease, and keeping kids tobacco free.

We would like to encourage our

tenants to participate by climbing, volunteering or sponsoring climbers. You may even form a company team to compete against the rest of the building. City of Houston Fire Fighters will also be competing against each other IN FULL GEAR!

Afterwards, all participants and their guests will be invited to join event sponsors and organizers at the fountain for the continuous finish line party and post-race special presentation from the Houston Fire Department. There will also be awards given to the fastest climbers, top fundraisers, and top teams.



Race details and registration can be found online at www.breathehealthy.org/houstonstairclimb or in the Management Office. The **ALA and Houston Fire Fighters** will be holding a **registration kickoff** at Marathon Oil Tower on **January 22nd** in the 2nd floor lobby from 10 a.m. to 2 p.m.

Don't miss out on your opportunity to participate in this unique event right here at Marathon Oil Tower!

A Note From the Manager



2008 was an exciting, busy and productive year here at Marathon Oil Tower. Our tenants maintained their motivation in helping the environment. To date, we have **recycled over 200 tons of waste!** Improvements continued throughout the year including the addition of Wi-Fi to the private dining rooms, installation of the auto-cashier in the visitor garage, and the addition of Kanaly Trust in the 2nd floor lobby. We also weathered Hurricane Ike better than most properties around Houston.

You can expect 2009 to be just as busy. For starters, the four year wet sealing project

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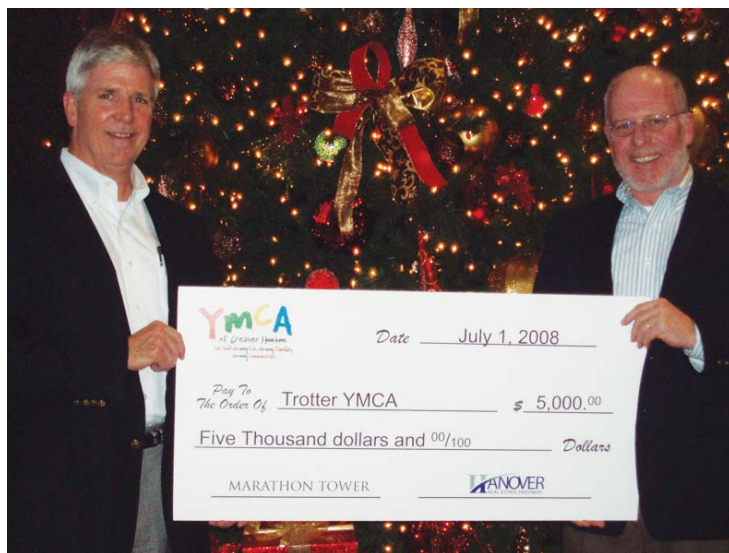
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HONORING VETERANS, GIVING TO THE COMMUNITY, HOLIDAY CRAFT MARKET & LOBBY SALES



Hanover Real Estate Partners, Transwestern, and Marathon Oil Company were honored to carry on the tradition of recognizing our country's veterans during the **Annual Veteran's Day Ceremony** in November. The **McLemore Detachment of the Marine Corp League** returned again this year to perform the color guard and raising of the American Flag. A large crowd gathered in the first floor lobby for the observance, which included a moving presentation by guest **speaker Colonel Jimmy Mitchell** and a stirring **flag presentation by Gary Snow to Marathon Oil Company**.



As part of its community involvement initiative, **Hanover Real Estate Partners** recently donated \$5,000 to the Trotter Family YMCA on Augusta. **Transwestern Senior Manager, Pat Grimes** (pictured above, left) and **Bill Caulfield** (pictured above, right) of **Hanover Real Estate Partners** presented the check to the Trotter Family YMCA. These funds will help to provide affordable childcare, after school programs, sports leagues, and remodeling of several baseball fields.



Marathon Oil Tower held its **Second Annual Holiday Craft Market** December 10th and 11th in the first floor lobby. This one-of-a-kind market provides Marathon Oil Tower employees and their friends and family a convenient venue for selling handmade crafts. Marathon Oil Tower tenants and visitors take advantage of the chance to do some holiday shopping right here in the building. The craft fair **raised \$1,165 for the Fire Fighter's Foundation of Houston**.

The **Books Are Fun Book Fair** held in November was a great success. Tenants enjoyed the convenient holiday shopping, and **\$306 from proceeds of the sale were given to the Fire Fighter's Foundation of Houston**.

Tenants and visitors snatched up gifts for the golf enthusiasts on their holiday list at the **Holiday Golf Sale** in November. **The Fire Fighter's Foundation of Houston received a check for \$400 from sale proceeds**.

Marathon Oil Tower tenants were treated to holiday pies and enjoyed the sounds of the season at the **Tenant Holiday Reception** on December 16th. The Marine Corps also picked up the generously donated items for **Toys for Tots - three overflowing barrels!**

Our goal for the **Regional Blood Center Blood Drive** in November was to collect 30 donations to help the Blood Center through the busy holiday season. We are pleased to announce that we **collected 40 donations, saving as many as 120 lives this holiday season**. Thank you, Marathon Oil Tower tenants for taking the time to give the gift of life.

ENERGY ADMIRAL - NEW ENERGY SAVINGS IN 2009

Ahoy Mates and Happy New Year! My Energy Admiral mailbox has been slow over the past few months. Don't forget that all individuals that submit an economically feasible energy reducing idea to Energy.Admiral@Transwestern.net will be entered into our quarterly home energy conservation kit drawing.

In the mean time, my crew has found two other ways to reduce electrical usage. We will be **retrofitting the lights in the loading dock and central plant** that are used 24/7. This will **reduce utilities by 300,897 kWh** and **save over \$31,000 each year**. We will also be installing **CO2 sensors on the parking garage exhaust fans** in order to reduce the amount of time they run throughout the day. This will **reduce utilities by 197,059 kWh** and **save over \$20,000 a year**. The environmental impact of these two projects is also significant, **totaling the equivalent of removing 70 cars from the roads or planting 97 trees each year!** Shiver me timbers, that is significant!

*Fair winds and calm seas,
The Energy Admiral*

GET READY FOR THE STAIR CLIMBING CHALLENGE

The staff of the Marathon Energy Club is thrilled to hear that ALA selected Marathon Tower to host their annual Stair Climbing Challenge in May, 2009. Stair climbing is one of the best physical activities to bolster your overall health. For many years now, a number of health organizations have sought to persuade individuals to strongly consider taking stairs when they can for its significant contribution to health and fitness. For those of you interested in participating in this outstanding event, we would like to assist you with smart conditioning tips as you gear up for the challenge less than five short months away. Here are a few tips to help you get "stair climbing strong!"

☑ **Spend two to three days each week doing bodyweight lunges;** two sets of 10 to 15 repetitions to fatigue. If you buildup to a point that completing 15 repetitions on each leg becomes easy, begin adding small weights to increase resistance. This will buildup muscular endurance.

☑ **Spend 30 minutes a day, four to five times a week, doing cardiovascular activity.** Walking mixed with power walking is great. Also, if you can find an area with an incline, that will ease the transition to climbing stairs. Walk for two minutes at a comfortable pace and then power walk for two minutes at a brisk pace and repeat. This type of pace variation is called interval conditioning. Aim to incorporate interval conditioning into 50% of each workout session.

☑ **If you have access to an area that has stairs, start with two minutes going up and down each week.** Add an additional two minute segment each week. Take a two minute break in between each set. Go at a comfortable pace and watch your stamina really grow greater and greater over time. This stair climbing piece will fit into your cardiovascular goal mentioned above.

Your body was made to move, and it responds quite quickly when you become consistent with your exercise program. If you are currently inactive and are a 45+ year old male or a 55+ year old female, we strongly suggest you visit your physician and have him or her give you the go ahead to start exercising in 2009. Happy Steppin'!

*Eddie Thomas
Marathon Energy Club General Manager*

FROM THE MANAGER cont'd...

that has been going on the last three months will now move to the St. James side of the building. All serving lines at the Tanglewood Terrace will be refinished, and a new dishwasher is being installed. You may also keep an eye out for new chairs in the private dining rooms on P10. And of course, our Energy Admiral will continue to look for ways to reduce energy consumption.

Hanover Real Estate Partners and Transwestern are excited about entering our third year managing Marathon Oil Tower. We look forward to continuing to provide exemplary service to you, our tenants, and maintaining the high quality of the property in 2009!

*Heather McMillon
Property Manager*

WELCOME & CONGRATS!



Please join us in congratulating **Baldamar Saucedo** (pictured above, left) in his **promotion from Apprentice Engineer to Operating Engineer**. Over the last six months with Transwestern, his hard work and ability to please the client has proven that Baldamar is ready for the additional responsibilities. He will now be working during the second shift at the Tower with little supervision. Baldamar recently acquired his apprentice electricians license and is studying for his 3rd grade engineers test. We are confident he will continue to do an outstanding job.

In addition, please **welcome our new cleaning supervisor, Jose Martinez** (pictured above, right.) Jose has over 20 years of experience in the cleaning industry including several years managing large multi-tenant office buildings in and around Houston. Jose brings a strong customer service approach and positive attitude to Marathon Oil Tower. He realizes he has big shoes to fill following Guillermo's years of service, but is willing to do whatever it takes to be successful!