



The

Tower View

The Newsletter for Marathon Oil Tower Tenants

April, May, June 2009

TANGLEWOOD TERRACE CAFE & DELI - FRESH NEW LOOK; FRESH NEW MENU

Marathon Oil Tower tenants and the many visitors that frequent the **Tanglewood Terrace Café and Deli** will notice a new look and some new tastes after March 22nd. The popular lunch-time spot overlooking the beautiful Tanglewood area has undergone recent renovations which include the addition of modern art work, flat-screen televisions, and new dining options, giving the Tanglewood Terrace Café & Deli a fresh, new atmosphere. The impetus behind these improvements is to create a place to get away from work, to “refresh and renew.”

In addition to more healthful menu items, Sodexo is offering a new variety of dining options in the Café. Lunch service will now include fresh, exciting menu offerings and unique cuisines such as:

Extreme Greens - A variety of made-to-order entrée salads.

38th Street Subs - Hot or cold sub sandwiches, Pizzarito pizzas, strombolis and calzones.

Action Station - Cooked-to-order theme menus such as Stir Crazy, Pasta Harvest, Bigger Bowls and international themes such as On a Naan.

Que Rico - Fresh Mexican entrees and a salsa bar.

Cuisines - Daily entrees along with a

carving station and a variety of sides and breads.

Impulse - A variety of snacks and other healthy items.

Copper Pot - Freshly made soups of the day.

Several new options have been added to the Terrace Deli menu such as an enhanced variety

of breakfast and lunch made-to-order Bistro Grill options; Simply-to-Go featuring a variety of grab and go signature salads, wraps, sandwiches, beverages and snacks; Pizza & Gratin, offering a full line of personal sized pizzas, gratins and pasta dishes, and the Panini Bar, serving freshly made, handcrafted hot or cold sandwiches.

All of these changes will enhance customers’ dining options and provide diners with smarter food choices designed for a healthy lifestyle. Tanglewood Terrace Café and Deli staff members look forward to making every day a better day. For more information about their services, please visit www.tanglewoodterrace.com or feel



Tanglewood Terrace Café sets the dining room for a special event. A recent renovation brought a fresh, new look to the Café and Deli, along with exciting new menu offerings.

free to give Sodexo a call directly at 713-296-4267. Tanglewood Terrace Café and Deli looks forward to bringing change and variety to your Café!

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GIVING THE GIFT OF LIFE; HOUSTON FIRE FIGHTERS & ALA VISIT; CELEBRATING GO TEXAN DAY

Marathon Oil Tower began the new year with a blood drive benefiting the **Gulf Coast Regional Blood Center**. Our goal was to collect 50 blood donations. **We collected 70 donations, saving as many as 210 lives!** Thank you, Marathon Oil Tower tenants for giving the gift of life.

The **American Lung Association (ALA) Stairclimb Registration Kick-off** in January was a huge success. The ALA and several Houston Fire Fighters visited the main lobby to register participants for the

Stairclimb and to sell the popular Houston Fire Fighter Calendar. A large group of Marathon Oil Tower tenants signed-up for the demanding and worthwhile ALA Stairclimb, and **\$1,200 was donated to the Houston Fire Fighters Burned and Crippled Children's Fund** through the **Houston Fire Fighter Calendar sale**. If you haven't signed up for the Stairclimb, which is being held right here at Marathon Oil Tower, there is still time. Check out the reminder on page four for more details.

with **barbeque, country music, and a dance floor for two-steppers in Tanglewood Terrace**. A Houston Livestock Show & Rodeo representative was on hand selling discounted Carnival tickets. **More than \$575 worth of tickets were sold**, bringing in much needed funds for the **HLSR Scholarship Fund**.

The **Books Are Fun Book Fair** returned to Marathon Oil Tower in March. Tenants and visitors picked up books and gifts during the two-day sale. **More than \$140 in proceeds went to the Houston Firefighters Foundation**.



Representatives of the American Lung association and Houston Fire Fighters were on hand to promote the ALA Stairclimb being held at Marathon Oil Tower in May.

Tenants and visitors took advantage of the convenient shopping opportunity provided by the **Marathon Oil Tower Valentine's Day Fair**. Passersby picked up jewelry, candy and specialty gift items from Gift Wave and JJewelry just in time for the romantic day. **Proceeds from the sale brought in \$134 for Houston Fire Fighters and \$157 for the Houston Livestock Show & Rodeo Scholarship Fund**.

Go Texan Day was celebrated in perfect Texas style

Don't Forget These Convenient Services

Tower Shoe Shine is open Monday through Friday, 8:30 a.m. to 4:30 p.m.

Tower Shoe Shine is located by the mail-room on the first floor.

Transwestern continues to offer movie tickets at a discounted price. AMC and Regal Cinemas tickets may be purchased for \$6.00 each. For more information, stop by the management office, suite 110, during normal business hours.

Transwestern is pleased to announce a new service for Marathon Oil Tower tenants! Beginning April 1st, Transwestern will be offering a **10% discount on TREK tickets** for com-



muters. TREK is a commuter bus service, vanpool, and carpool resource that adds time, convenience, and quality to commuters' lives. You can purchase the discounted TREK tickets in the management office, suite 110. The cost of a ticket book is \$36 for 20 tickets and \$72 for 40 tickets. Please note, exact cash and checks made payable to TREK only will be accepted. Take advantage of this service by saving time and money while reducing stress, traffic, accidents, and air pollution! If you become a member or are already a TREKEXPRESS Rider, you can qualify for the TREKHOME program which allows you up to five free rides home annually. Liberty Cab Company or Enterprise Rent-A-Car will provide your transportation home for at-home emergencies or unscheduled overtime at the office. Bus schedules/brochures can be picked up in the management office. Please feel free to contact Vicky at the management office at (832) 369-5800 if you have any questions or would like more information.

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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.

ENERGY ADMIRAL SAYS TOSS UNNECESSARY PLUG LOAD OVERBOARD

Shiver me timbers mates, this be your Energy Admiral. By now, you've heard a lot of the exciting things that we, your managers of the good ship Marathon Oil Tower, have been working on to reduce our energy consumption. I'd also like to share some information on a topic that you mates can help out with. It's called **Plug Load** and it is the generic term for the energy required to power the electronic equipment in a building or home that plugs into a standard socket; that means computers, printers, coffee pots, refrigerators, etc. **Plug Load accounts for about 23% of the average commercial office energy demand** and about 18% of the utility bill for a typical residential house.

So what can you do to reduce your Plug Load? Now that be the question, ye skully dogs. You can start by remembering the acronym **SAVE**. It stands for four basic behavioral categories that will aid you on your voyage to reducing your Plug Load:

Shut it off: The most efficient equipment is the equipment that never runs. (Me ship uses the wind!) Make sure to turn things off at the end of the day or when you will be gone for several hours. Turning off power strips will also help reduce the

“phantom load” that is consumed by many electronics even when they're turned off. Or you can use timers to control other inefficient equipment such as large coffee pots.

Activate efficient settings: Electrical equipment (mainly computers and monitors) will typically have low-power settings or a sleep-mode function that can be activated after a period of inactivity. This can save huge amounts of power and has little-to-no effect on how the equipment is being used.

Verify product efficiency: Before you buy any piece of equipment make sure that it is energy efficient. Often times there are energy efficient alternatives that do not increase the cost. Being green is important these days, and equipment manufacturers understand that. Make sure to shop around or ask an educated sales associate for their low power option.

Energy Star® first: It's the magic word in energy efficiency. Energy Star labeled products are designed to be the most energy efficient products available. It should be the first thing you check for when purchasing anything, but especially electronics and office equipment. The good ship Marathon Oil Tower has



obtained this label of energy efficiency four years running. Please help us make it five years in a row. Our last score was a 90 which means we are in the top 10% of all similar buildings in the United States regarding operating efficiency.

Arrrg all ye landlubbers, join us in reducing your Plug Load. It is easy and has a positive impact on your utility bills and the environment. For additional tips on tossing your unnecessary Plug Load overboard, make sure to email your Energy Admiral at Energy.Admiral@Transwestern.net.

CAR WASHES EVERY WEEK DAY!

We'd like to introduce the newest amenity available to Marathon Oil Tower tenants and guests . . . on-site car washes available every day!

Incredible Detail will begin offering high end, high quality washing of vehicles and motorcycles beginning April 1st. Incredible Detail uses ingredients such as carnauba and fossil waxes,

non-abrasive pumice, and coconut-based soaps as well as the highest quality microfiber towels. By using these products, Incredible Detail provides a professional cleaning for your vehicle(s) while you work, now five days a week.



Tenants and visitors simply drop off their keys at the Incredible Detail desk in the first floor lobby Monday through Friday, 6:30 a.m. to 4:00 p.m. Payments for serv-

ices are also made at the Incredible Detail desk. As with the previous service, vehicles will be driven up to the 8th floor of the garage for service. Visitors may leave their vehicles in visitor parking. Services range from the Basic Wash to Executive Level cleaning, all at similar prices to the previous provider. A la carte services are also offered. You won't be

disappointed in the quality of clean or the level of customer service and Incredible Detail's work is 100% satisfaction guaranteed.

Stop buy the Incredible Detail desk on the first floor or their 8th floor garage location to get your First-Timer coupon card for 20% off your first wash on any level service! Companies or individuals may also purchase gift cards for clients or friends. Sign up for the VIP card program which prepays for washes, and get an automatic 10% discount on any service. Pick up your card today! Be sure to be on the lookout for specials offered throughout the year.

APRIL, MAY & JUNE AT THE TOWER

Good Friday

The building and management office will be closed in observance of Good Friday. Please contact the management office to schedule overtime air for that day if needed. Have a Safe & Happy Holiday!

Friday, April 10

Earth Day Celebration

Keep an eye open for Earth Day celebrations all week in the lobby including computer, phone, and battery recycling.

Monday April 20
through
Friday, April 24
2nd Floor Lobby

Gulf Coast Regional Blood Center Blood Drive

Help the Gulf Coast Regional Blood Center prepare for the busy spring and summer months by giving the gift of life. Please contact the management office at (832) 369-5800 to schedule an appointment. Walk-ins are also welcome!

Thursday, April 23
9 a.m. to 3 p.m.
P10 Next to the Dell

Mother's Day Fair

Take advantage of this convenient shopping opportunity to pick-up great gifts for mom. Proceeds will benefit a local charity.

Wednesday, May 6
Thursday, May 7
9 a.m. to 3 p.m.
1st Floor Lobby

American Lung Association Fight For Air Climb

Join other Marathon Oil Tower tenants, Houston Fire Fighters, and fellow Houstonians in this vertical race and help support the ALA. Check out the reminder below for more details.

Saturday, May 16
Marathon Oil Tower

Father's Day Lobby Golf Sale

Remember Dad on Father's Day with the perfect golf shirt, box of tees or other golf accessories. Proceeds will benefit a local charity.

Wednesday, May 20
Thursday, May 21
1st Floor Lobby

Memorial Day

The building and management office will be closed in observance of Memorial Day. Please contact the management office to schedule overtime air for that day if needed. Have a Safe & Happy Holiday!

Monday, May 25

*Don't send your
electronics to
a landfill!*



*We'll be collecting
items in the lobby
all week.*

COMPUTER EQUIPMENT IT EQUIPMENT PHONES BATTERIES
MONITORS FAX MACHINES PRINTERS MANY OTHER ELECTRONICS

Please call the management office at (832) 369-5800 if you would like more information about donating specific items for recycling.

ALA Fight For Air Climb

Marathon Oil Tower is hosting the American Lung Association Fight for Air Climb on May 16th. The Tower was chosen as the site for the ALA's first Stairclimb in Texas. The Fight for Air Climb is a vertical race to climb Marathon Oil Tower's 39 floors. The Stairclimb will raise funds and awareness for education, research, and advocacy programs working to improve air quality, eliminate lung disease, and keep kids tobacco free. You can help by participating in the climb, volunteering, or sponsoring climbers. It's not too late to register! Visit www.breathehealthy.org/houstonstairclimb or stop by the management office for more information.