

March Newsletter

2016



MARCH MADNESS BEGINS MARCH 15

It's college basketball tournament time and 300SRP will once again broadcast the games in the Tenant Lounge and on the 23rd Floor-South Theater.



Stop by to catch a game and check on your bracket.

For more information on 300SRP events visit
www.300southriverside.buildingengines.com



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LOST & FOUND

Did you happen to misplace an item? We have a lost & found box in the Management Office in Suite 2375-S. Feel free to call 312.676.2518 or email 300SRP@am.jll.com to see if we have your lost item.

Movie the Month

JOY

A story of a family across four generations, centered on the girl who becomes the woman (Jennifer Lawrence) who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces

Director: David O. Russell

Starring: Jennifer Lawrence,
Robert De Niro,
Bradley Cooper

This film has been rated PG-13.

Please note: seats are first come, first served.



Movies brought to you by Criterion.

Dates/Times

- **Tuesday, March 8th at 5:15 PM**
- **Wednesday, March 9th at 12:00 PM**
- **Thursday, March 10th at 5:15 PM**

Upcoming Tenant Events

Blood Drive

Tuesday, March 1st from 9:00AM - 3:00PM
Conference Center Room A



Every two seconds, someone needs blood. Less than 10 percent of the national population donates blood. Blood is needed daily for surgeries, emergencies, medical procedures and cancer treatments. The need, here in the Chicagoland area, is great.

To schedule your appointment, please contact LifeSource at (877) 543-3768 or login to www.lifesource.org and use group code 150E.

Girl Scout Cookie Sale

Wednesday, March 23
7:30AM - 6:00PM
South Lobby

Don't forget to stock up on your Girl Scout Cookies for the year.

Every Cookie has a mission to help girls do great things.



Take Our Daughters And Sons To Work Day

Thursday, April 28
10:00AM - 11:00AM

If you or your company is interested in attending or participating in our special program on 300SRP's Green Initiatives, please contact the management office at (312) 676-2500 or email 300SRP@am.jll.com.



Always from
7:00 AM - 2:00 PM
South Lobby

Friday, March 18,
2016



300SRP Badge Activation

Between 11:00 AM and 12:00 PM,
Monday thru Friday
we are able to assist tenants with
any badging issues. These include:

- New Hire Badges
- Replacement Badges
- Renewed Access
- Troubleshooting

Contact our Security Director,
Erik Linquist with any questions
at 312.676.2518.



@300RIV



300SRP

300 FITNESS CENTER

The Fitness Center located on the 23rd Floor-South, is exclusively for the Tenants of 300SRP. The locker rooms offer day lockers and spa quality amenities such as towel service and steam showers. Vanity areas are stocked with complimentary shampoo, conditioner, body wash, cotton swabs, mouthwash razors and mouthwash.



\$50 annual membership to 300SRP Fitness Center is available to all building tenants.



Group fitness classes available for an additional charge.

Visit our website to sign up now.

www.300southriverside.buildingengines.com

Green Corner: Spring Cleaning

Clean Naturally

Why scrub counters, floors, and tubs with harsh chemicals that reduce indoor air quality and harm the environment when you can use a few common household items to get the job done? Some basic ingredients for DIY cleaners include baking soda, lemon, vinegar, salt, liquid soap, and hot water.

Clean With Reusable Wipes and Scrubbers

Spring cleaning doesn't have to result in a trash can full of used paper towels. Instead, try reusable scrub brushes or homemade cloth cleaning rags. Synthetic sponges are petroleum-derived and can contain triclosan. Greener options for natural sponges include those made of wood-pulp cellulose.

Use Natural Air Fresheners

A clean house is often associated with a "fresh" smell, so it's ironic that synthetic air fresheners could be contaminating homes with phthalates or formaldehyde. To really freshen up a room, try opening the windows first. Next, invest in houseplants. NASA has been studying the pollution-reducing abilities of plants for years. Some of the plants tested by NASA and shown to remove benzene, trichloroethylene, and formaldehyde from the air include the peace lily, spider plant, golden pothos, mother-in-law's tongue, bamboo palm, ficus, pot mum, and gerbera daisy.