

Welcome Spring Event

Please join Edible Arrangements and U.S. Equities March 20th in the lobby. We will have fruit Sundaes, fresh squeezed orange juice and fresh fruit for all 515 N State tenants.

With nice weather around the corner, it is time to get outside and enjoy all Chicago has to offer in the spring.

Don't Forget!



Day light Savings

Sunday, March 9th 2 AM

♣ A Look at March ♣

Birthstone: Aquamarine

Flower: Daffodil

Holidays & Observances: March is Women's History month. The third week in March is Chocolate Week. St. Patrick's Day is March 17th, Purim is March 21st -22nd, and Easter is March 23rd.

March Historical Events: The telephone was patent on March 7th, 1876. On March 29th, 1886, the famous Coca-Cola brand was invented. Dr. Seuss was born on March 2nd in 1904.

March comes in like a lion and out like a lamb.

US Equities Realty 515 North State Building Blood Drive

**Tuesday, March 25th
9 AM-3 PM
Suite 1903**

Tips for a Good Donation

Before: Eat a good breakfast and lunch. Drink extra water and fluids and eat iron-rich foods (red-meat, fish, beans, raisins).

During: Wear clothing with sleeves to be raised. Relax and do not immediately leave.

After: Rehydrate! Avoid strenuous activity, relax and call for aid if you do not feel right.



CHICAGO 60 EARTH HOUR

The entire Chicagoland area and 21 other cities worldwide will be participating in Earth Hour on Saturday, March 29th, at 8 P.M. For one hour, residents, businesses and landmarks will be simply turning off their lights. This will demonstrate the impact one hour makes towards preventing global warming. The management office will follow soon with more information.

For more information and tips for your workplace and home, please visit EarthHour.org.



St. Patrick's Day

In the US, it is tradition to wear green and pinch anyone not sporting green attire. In Ireland, wearing green is considered unlucky. Chicago has two parades, March 9th on the southwest side of Chicago and March 15th in downtown Chicago. New York City's St. Pat's parade still has the largest turnout for a parade. The most unique tradition in Chicago is the dying of the Chicago River green.



Green Facts

The paper towels in the bathrooms are made from 40% recycled goods.

All of the used light bulbs from 515 N State are recycled.

We are launching a plastic/glass/aluminum recycling program soon at 515.

Get Fit For Spring Yoga Series

Fridays in March

**11 AM-NOON
29th Floor**

Bring a mat if you have one and wear loose clothing and a sweater/sweatshirt
Restrooms for changing will be available and please remember to turn off cells

Call 312.527.5550 for details and to sign up!

Recycling Statistics

January Report for 515 North State Street

Amount of office paper collected: 18,828 lbs.

Trees saved: 160 trees


Water Conserved: 65,898 gallons

Unreleased pollutants: 656 lbs.

Cubic yards not land filled: 4,707 cubic yards



Great job! We appreciate your participation in the program. Please contact the office of the building if your office needs **FREE** desk side recycling boxes.



Girl Scout Cookies

515 North State Lobby
Sold on March 3

Come and check out new cookies this year!

The U.S. Equities Team Is Here to Serve You

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