

Summer 2004

TOWER TRIBUNE

At The Landmark In Downtown Houston



Major League Baseball is proud to bring the 75th All-Star Game to Houston this summer!! The Houston Astros and the City of Houston will play host to the **2004 Major League Baseball All-Star Game** on Tuesday, July 13 at Minute Maid Park. In addition to the game itself, there are five-days of scheduled events sure to excite baseball fans all around!!

Major League Baseball All-Star Week officially begins with the John Hancock All-Star FanFest, which takes place at the George R. Brown Convention Center July 9-13. The Convention Center will be transformed into a baseball fan's dream come true with more than 350,000 square feet of state of the art interactive games for fans of all ages. Clinics, free autograph sessions and tributes to great moments of baseball history including artifacts and photos from the National Baseball Hall of Fame & Museum will also be on hand. Roger Clemens and Nolan Ryan will be the official spokesmen for the John Hancock All-Star FanFest.

The fun continues on All-Star Sunday, July 11, with the All-Star Futures Game. This game will showcase the next round of All-Stars who are currently developing their skills in the minor leagues. Also being played on Sunday, July 11 is the All-Star Legends and Celebrity Softball Game. Last year, some of the athletes and celebrities that suited up for the softball game were Ian Ziering, Trista Rehn, Dean Cain, Bo Jackson, Ozzie Smith, Jim McMahon, Jimmy Kimmel, Ice Cube and Shannon Elizabeth, just to name a few. Who knows who the famous faces will be this year!!

This year marks the third time that the Astros and the City of Houston have hosted the All-Star game, as the Astrodome was the site for the 1968 and 1986 All-Star Games. In 1986, Roger Clemens was named the game's MVP and the Astros went on to win the division title. Of course, Clemens wasn't playing for the Astros back then, but this year, he could, in some ways, repeat history!!

Online balloting is under way, with fans able to vote for the 2004 All-Stars at www.MLB.com as well as at the 30 Major League Baseball club web sites. Fans throughout the world may cast a maximum of 25 online ballots during the online balloting program, sponsored by Ameriquest, which is scheduled to run through June 30th at 11:59 p.m. E.T.

The All-Star game will be seen by 30 million people in the US and in excess of 100 million people around the world, in over 220 countries and 12 different languages.

Both All-Star teams will arrive in Houston just in time for All-Star Workout Day on July 12th. The gates are scheduled to open at 3:00 p.m.; The National League will take batting practice, followed by the American League at 5:25 p.m. The Century 21 Home Run Derby begins that evening at 7:00 p.m. The 75th All-Star Game will begin Tuesday, July 13 at 7:00 p.m., C.T. and will be televised by FOX.

REMEMBER: JPMORGAN CHASE CENTER GARAGE IS YOUR OFFICIAL PARKING GARAGE FOR THE GAME!! PARK IN ANY UNRESERVED SPACE FOR ONLY \$5 DURING ALL OF THE ALL-STAR EVENTS!



EXPRESS City Meals

Comfortable Combinations for Quick Light Meals

THE TRADITIONAL COMFORT COMBO

6.95 A Cup of Soup, Side Salad & a Side Sandwich

Your Choice of Turkey, Chicken Salad or Tuna Salad Sandwich

THE BIG BAKER COMBO

7.25 Our Baked Potato, a Side Bowl of Soup & a Side Salad

THE SOUTHWESTERN COMBO

7.25 Side Bowl of Black Bean Soup, Side Caesar Salad & Guacamole with Chips

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Express**
A BETTER WAY TO EAT

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Zagat Survey

Ask About Our Office Meals Menu

Celebrating Independence Day

The signing of the Declaration of Independence in 1776 was not the only momentous occasion on July 4th in this country's history. James Heintze, the librarian at American University, developed a database of Fourth of July historic moments and celebrations. Here are some other first's that occurred on July 4th:

- ~1779: July 4th falls for the first time on a Sunday so that celebrations take place the following day, initiating that tradition (although now we celebrate the 4th if it's on a Sunday; the federal holiday falls on the following Monday)
- ~1791: George Washington make his first & only Fourth of July address at Lancaster, Pa
- ~1801: The White House hosts its first public Fourth of July reception
- ~1802: The US Military Academy at West Point is formally opened
- ~1884: The first formal presentation of the Statue of Liberty takes place in Paris
- ~1887: Yellowstone National Park holds its first Fourth of July Celebration
- ~1903: President Roosevelt send the first message over the Pacific Cable to William Howard Taft, then serving as the chief civil administrator in the Philippines.
- ~1942: Fireworks in most cities are canceled because of wartime blackouts
- ~1947: The Independence Day celebration at the Monument grounds in Washington, D.C. is televised for the first time
- ~1976: The country celebrates its Bicentennial. At 2pm, the time that the Declaration of Independence was originally approved, churches throughout the nation ring bells to mark the occasion
- ~1981: President Reagan, recovering from an assassination attempt, leaves the George Washington hospital for the first time to watch the fireworks at the mall
- ~1997: The US Pathfinder spacecraft lands on Mars
- ~2000: In NYC, the largest assemblage of ships ever at one event takes place as "Operation Sail 2000", including 150 tall sailing ships from more than 20 nations, as well as an 11-mile line of warships from around the world.

TOWER TRIBUNE

Volume XII Issue 15 Summer 2004

Produced by Texas Tower Limited and published quarterly for the tenants, retailers and visitors to JPMorgan Chase Tower.

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713-223-0441

E-mail: kmendoza@chasetower.com

Deadline for the Fall 2004 issue is August 15, 2004.

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Houston's

Houston's July 4th Fireworks Spectacular!

BP Power of Freedom 2004 will be hosting Houston's most exciting Independence Day celebration with a viewing audience of over one million. Beginning at 4:00 p.m., and held in Eleanor Tinsley Park at Buffalo Bayou, the BP Power of Freedom offers the ultimate in July 4th family entertainment! Along with Houston's largest fireworks spectacular, families will enjoy national and local music groups, 4 stages of live music, one including America's favorite artist, Kenny Loggins. For more information about this exciting event, log onto www.festivalsofhouston.com and click on bp power of freedom logo.

"The Greatest Show on Earth" Returns

Be sure to clown around at The Greatest Show on Earth when the circus comes to Reliant Stadium in Houston on July 16-25. Be amazed by over 100 human and animal performers. The legendary Ringling Bros. and Barnum & Bailey Circus features the Globe of Death motorcyclists and the fusion of flame and flight when Bailey's Comet arrives, plus an array of aerialists, dancers, contortionists and acrobats. For more information regarding show times and admission prices, log onto www.ringling.com

Theater District Day

Enjoy backstage tours, ongoing live performances, set and costume displays and even sneak previews of the 2004-2005 performing arts seasons at the Theater District's annual Open House on August 29. The District is home to eight performing arts organizations, which offer this free peek behind the scenes each summer. For information, call the Houston Downtown Alliance at 713-223-4544 or visit www.houstontheaterdistrict.org.

Remax Ballunar Liftoff Festival at NASA

Witness the majestic grandeur on August 27th-29th as scores of brightly colored and differently shaped hot air balloons launch from the Johnson Space Center to soar overhead. All balloon launches and flights over the festival occur during the early morning hours, shortly after dawn and in the late afternoon hours just before dusk. Throughout the day on Saturday and Sunday, skilled skydivers will jump from aircraft 13,000 feet above the festival and land in the performance field. You can also see space and aviation hardware, meet astronauts, enjoy great music and food. For more information, please log onto www.ballunarfestival.com.

Upcoming Events

Tower Health

Preventing Injury at Work

For many Americans, approximately eight hours each day are spent sitting at a desk within a cubicle. These long periods of time with little movement, aside from typing and answering the phone, strain muscles, tendons and nerves. The result can be a type of Repetitive Strain Injury (RSI). There are more than 300,000 new cases of RSI afflictions reported every year by Americans. It is likely that many more cases occur and are unreported.

RSI is not a disease. It is simply wear and tear on the body. Be aware of some common activities that are associated with an RSI. Continually doing the same motion with the same body part is one. Also, injury can result if any motion is performed with extreme force, for example, pressing the keys on your keyboard too hard. Remaining in a set position for long periods of time (like sitting) and resting against hard surfaces (like laying your wrist on the edge of your desk as you type) may also contribute to RSI. The shoulders, back, neck, arms and hands are where most symptoms arise. Some of the most common symptoms are soreness, aching, swelling, numbness, sharp pain, throbbing or loss of strength. If any of these symptoms occur, it is best to see a doctor as soon as possible to hasten recovery. Some specific injuries that are commonly known and considered RSI are tendonitis and carpal tunnel syndrome. There are, however, many others.

In order to avoid a recurrence of RSI or prevent one in the first place, you should change your work environment and how you work. Take a look at your desk and equipment. Do they fit you? Is your chair, desk and computer monitor at the right height? Are you reaching to use your mouse or keyboard? Should you have a headset instead of a phone?

Varying your tasks throughout the day is one way to avoid unhealthy repetition. But frequent breaks are essential. During some of these short breaks, try stretching. While at your desk

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or standing nearby, fight stiff and overused muscles in your hands, arms, shoulders, neck, back and legs with different kinds of stretch movements.

It is also helpful to incorporate exercise into your workday and your life outside of work. Rather than using the elevator, take the stairs. During your lunch break, take a walk outside. In the evening, gardening, yoga or weight lifting may further reduce the office stress and strain on your body.

Extend the duration when you exercise or stretch at the office for 10 minutes or more several times throughout the day. These movements can help prevent RSI. Better yet, they can help you reach the hour a day of moderate activity that the American Institute for Cancer Research has advised everyone to take for lower cancer risk.

Source: American Institute for Cancer Research

Take Me Out to the Ballgame

Baseball: The national pastime. A big part of enjoying the baseball experience includes eating. Ballpark dining use to mean peanuts, Cracker Jacks, and hot dogs. Now you can get everything from pizza to sushi. Since major-league games can run close to 3 hours, it's important to plan what to eat and when. If you don't, the temptation of ballpark foods may lead you astray. First, don't head to the park on an empty stomach. Second, know what some of the options are and decide which ones you want to enjoy. And third, watch your alcohol. Since alcohol lowers your blood sugar, drinking can make you hungry. Enjoy your time at the game and remember an occasional splurge won't make much difference to an overall eating plan.



Tower Dental

Welcome to our comprehensive dental center where we practice all phases of dentistry including: Orthodontics,

bleaching, TMJ treatment, implants & oral surgery.

We now have Laser Whitening

Bring in this ad and receive \$20* credit toward any dental procedure—new patients only. Dental Insurance is accepted. *Restrictions apply.

Harold K. Heuszel & Assoc. Tunnel Level 713-223-8383

It's Back to School Time Again

United Protective Services, Inc. has a few friendly reminders for you and your children about the dangers of talking to strangers.

Stranger Danger

Many young children are off to a new school year and even to a new school!

If your children are going to walk to and from school, remind them of the danger of talking to strangers. When walking, it is best to be with an adult you know, or a friend that you can trust.

- ♦ What should you do when an adult that you do not know tries to talk to you? Walk away from the stranger no matter what the stranger says to you. If they keep following you, ***scream loudly and run away!!*** Also, try and remember the license plate number of the motor vehicle and have them report this information to you immediately. If you don't call the police, then who will?
- ♦ Set up a code word with your children in the event of an emergency. A friend may have to pick up your child/children somewhere other than school and you need a plan. Your child should know the code word and understand the importance. Your child should be prepared to respond to anyone who knows the code word. Make the word meaningful to your family so a real Stranger Danger would not be able to figure it out.

Home Alone

Recently, the U.S. Census Bureau estimated that approximately two million children between the ages of seven and thirteen cared for themselves during after-school hours. Some estimates indicate there are even more. Here are some safety tips for your children that stay at home after school.

- ♦ A call from you once or twice a day can make your child feel more secure. Post a list of emergency numbers by the phone and teach your child how to use them and what to say.
- ♦ Let your children know that it is okay to answer the phone, but set rules. Never tell anyone your name or let them know that you are home alone.

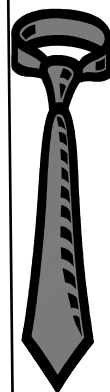
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- ♦ In some families, the rule is not to answer the door at all. If you want your child to answer the door, have him or her practice these safety rules:
 - *Be sure the door is always locked
 - *Look through the window or peephole to see who is knocking or ringing the bell
 - *Talk through the door to find out who it is and what he or she wants. ***Do Not Open the Door.***
 - *Never let anyone in unless you have been told to expect him or her, even if it is some one you know. Do not allow anyone in to use the bathroom or telephone. Say "no, I am sorry". Never be embarrassed when you don't let people in.
 - *If the person at the door has come to deliver a package or make a repair and you were not told to expect it, do not let him or her in.
 - *If you know the person or if the person says your parents asked him or her to stop by, call your parents and check.
 - *If someone continues knocking, call a neighbor or the police for help.

REMIND YOUR CHILDREN TO BE SAFE BUT ALSO BE CAUTIOUS THIS SCHOOL YEAR!

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. ~ Mark Twain



Paradise Gifts
Cigars-Cards-Humidors-Gifts

Remember Father's Day June 20th

JPMorgan Chase Tower~
Tunnel Level
713-228-7818

Tower Talk

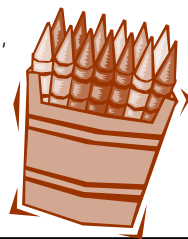
JPMorgan Chase Tower Annual School Supply Drive will be held from July 15th-July 29th.

Please donate new school supplies to help Houston area schools. All donations can be dropped off at either the Tunnel Level donation box or in the Management Office located in suite #6920

Items Needed this School Year:

- *Art Packet of manila paper, 12"x18"
- *Art packet of construction paper, assorted colors, 9"x12" or 12"x18"
- *Box of large crayons, 8 assorted colors, 16 assorted colors and 24 assorted colors
- *Container of white glue
- *Scissors, semi-pointed, good quality and scissors, pointed, good quality
- *Box of tissues
- *School box (for storing supplies)
- *Ruler, plastic with English and Metric
- *Grading pencil, blue only, hard lead
- *Writing pencils, no. 2 lead
- *Yellow highlighter
- *Multi-method writing tablet (not newsprint)
- *Multi-method composition book (not newsprint)
- *Music notebooks, six staves
- *Box of water soluble markers, 8 colors
- *Pencil tablet 3/8" ruling, no margin line 8 1/2" x 11"
- *Ball point pen, blue or black, medium point
- *Set of map pencils
- *Folders with looseleaf paper, 8 1/2"x 10", 1/2", 3/8" ruling
- *Protractor
- *Compass
- *Pencil tablet

All supplies are being donated to the Houston Area-Women's Center- Children Enrichment Committee

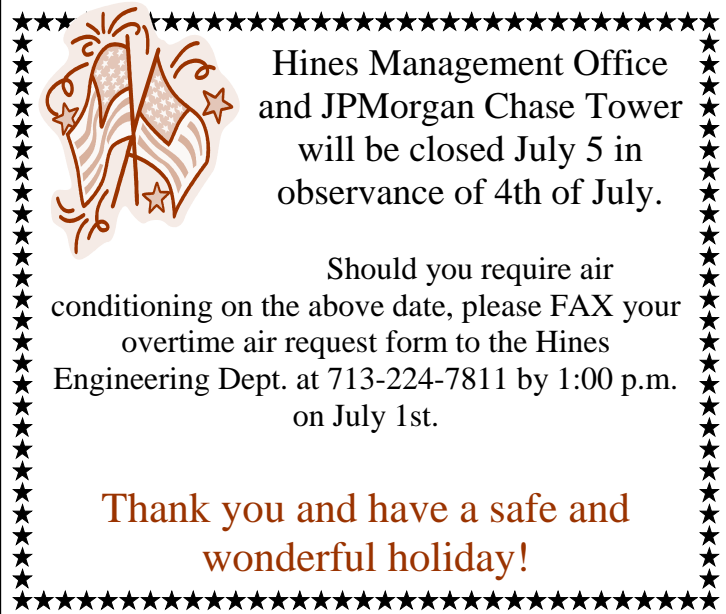


Elevator Manners

It is considered a common courtesy to allow all passengers in an elevator cab the opportunity to exit the elevator cab prior to new riders entering...it also makes the transition much easier for all passengers!

Did you Know ~

Located in the back corridor near Starbucks, you can find various discount coupons, 002 Magazine, The Houston Press, "The Paper", and many other interesting pamphlets for your reading pleasure.



Hines Management Office and JPMorgan Chase Tower will be closed July 5 in observance of 4th of July.

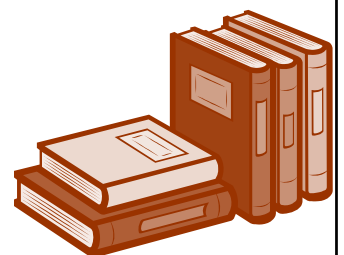
Should you require air conditioning on the above date, please FAX your overtime air request form to the Hines Engineering Dept. at 713-224-7811 by 1:00 p.m. on July 1st.

Thank you and have a safe and wonderful holiday!

BOOKS ARE FUN BOOK FAIR

June 14-18
JPMorgan Chase Tower
Tunnel Level

Don't forget
Father's Day June
20th!



Gas Buying Tip

Get more fuel for your money by filling your tank at cooler times of the day. Gas will expand during the hottest hours, giving you less actual fuel. An early morning or evening purchase will save you as much as 5 percent at the pump.



Houston— Catch the Tour Bus!

In Houston, an all-American experience also celebrates diversity. With 90 languages spoken, traditions run deep in this metropolitan city. On Saturday, June 12th, the neighborhoods will come alive in Houston for “The Neighborhoods Alive: Houston Multicultural Tour”- a bus tour that highlights Houston’s diverse neighborhoods and cultures. Modeled after the successful Chicago Neighborhood Tours, this features communities that illustrate the rich international traditions of Houston. Tour stops include the city’s Hispanic, African-American and Asian communities, as well as many other cultural destinations. The tour also passes by Old Sixth Ward’s Pig Stand restaurant, which was featured in “Evening Star” the sequel to “Terms of Endearment”; Glenwood Cemetery, the resting place of millionaire businessman Howard Hughes, and much more. Just call 1-800-4HOUSTON to book your tour.

Source: GHCVB

STARBUCKS COFFEE

Serving Hot & Cold
Coffees, pastries &
coffee beans



JPMorgan Chase Tower Tunnel Level
713-225-8515

Free Parking

Have we got your attention? Well, we’re not exactly offering *free parking*, but JPMorgan Chase Center Garage is offering a few summertime promotions to new contract parkers.

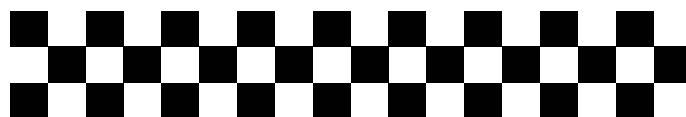
All new contract parkers, effective June 1, 2004, will receive \$30 off of the first month of parking. This promotion is valid through August 31, 2004.

JPMorgan Chase Center Garage is also running a Refer-A-Friend promotion beginning June 1, 2004.

All current contact parkers who refer a new contract parker during June 1 – August 31, 2004, will receive \$45 off one month’s parking rent. The referred parker will receive the \$30 off promotion mentioned above. The new parker must mention this promotion and who referred them in order to receive the discount! Tell your friends, family and co-workers about this awesome opportunity.

\$5..\$5..\$5..\$5..... That’s all you have to pay for parking to enjoy a night on the town.

JPMorgan Chase Center Garage only charges \$5 if you enter after 4:30 p.m., Monday –Friday and all day Saturday and Sunday. Whether you are going to a baseball game, the theater, or getting a bite to eat, JPMorgan Chase Center Garage will meet all of your parking needs.



Pro Printing

TUTS Presents “Big River” as Free Show at Miller Outdoor Theater

Theatre Under the Stars is delighted to announce the mounting of a touring production of the Deaf West Theatre production of *Big River*, based on the Mark Twain classic, *The Adventures of Huckleberry Finn* from July 13-18, 2004 beginning at 8:15pm as its annual free show at the Miller Outdoor Theatre (100 Concert Drive).

The award-winning production is comprised of a cast of both hearing, hard-of-hearing and deaf actors performing each role in a synchronized ballet of speaking, signing, gesture, song and dance. Spoken English and American Sign Language are interwoven with music, dance and storytelling techniques from both hearing and deaf cultures into a “third language” creating a unique and groundbreaking theatrical experience.

Free tickets for the July 13-18 event are available on the day of the performance between 11:30am and 1pm at the Miller Theatre Box Office. Any tickets remaining will be given out one hour before curtain. For more information on *Big River*, call 713-558-2600 or visit Theatre Under The Stars on the web at www.tuts.com.

Please Welcome..... Jill Newton as our new Assistant Property Manager. Jill is transferring from Williams Tower to JPMorgan Chase Tower beginning June 1st.

Before Hines, Jill work for Dell Computers in Texas, Tennessee, Florida and Ohio. She graduated from Texas A&M and is pursuing her MBA at University of St. Thomas.

In her spare time, she loves to travel and spend time with her yellow Lab.

What are the Odds?

Les Krantz, author of *What the Odds Are*, put together this interesting statistical look at the human experience. These are the odds that you will...

- *Undergo an audit by the IRS~ 1 in 100
- *Give birth to a genius~ 1 in 250
- *Be a victim of violence in the suburbs~ 1 in 2,000
- *Hit a hole in one~ 1 in 15,000
- *Develop a brain tumor~ 1 in 25,000
- *Be killed in a fire~ 1 in 40,000
- *Be struck by lightning~ 1 in 240,000
- *Be hit by a baseball at a major league game~ 1 in 300,000
- *Drown in your own bathtub~ 1 in 685,000
- *Win a state lottery jackpot~ 1 in 4 million
- *Be killed in an airplane accident~ 1 in 4.6 million

JPMorgan Chase Tower

would like to Thank our new, renewing and expanding Tenants!

~Capstreet Group, LLC

~Randall’s Food & Drugs, LP

~Onstead Holdings, LLC

~Kingsmill Reiss, L.L.C. and Mcnabb Associates, P.C.

For Leasing Details, please call Prime Asset Management at 713-228-7261

Ninfa’s Cantina

Ninfa’s will SPICE up the SUMMER!!



Open daily
To-Go & Dine-In
Meals, Drinks, Side Dishes

JPMorgan Chase Tower
Tunnel Level
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JPMorgan Chase Center Parking Validation Books

Impress your clients and treat your guests right... Validate clients and guests parking at the JPMorgan Chase Center Parking Garage by the hour or by the day—it’s up to you!

Come by Hines at #6920 to purchase Books

