



2014
VOLUME

4

WINTER
ISSUE

Reflecting With Arnold Hill

Towers Watson has been a tenant at Watt Plaza since 1985 and occupied three full floors for many years. Arnold Hill, Director of Output Services, is the last of two original employees still at the company in the Century City location, which means he has been a tenant for over half of his life!

Two members of The Building Management Team sat down with Arnold to get his perspective on how Watt Plaza has changed over the years. Many of you may not know, but there used to be a bar in the lobby and many of the tenants would gather for lunch or drinks, which is also when smoking cigarettes was allowed inside office buildings. Arnold said the biggest change he's seen over the years is how "green" the building has become and is proud to be in a LEED Platinum building. He particularly enjoys our annual "Earth Day Event" and "The In-N-Out Burger Event" that we host for our valued tenants.

Towers Watson will be ending their tenancy at Watt Plaza in December 2014. Arnold feels that the staff here is like a second family to him. He has made some noteworthy friendships with members from Engineering, Janitorial and Security departments.

Prior to his employ at Towers Watson, Arnold served in the Marines and later worked as a personal body guard for bands such as The Go Go's, The Sparks, and Stan Lynch (the original drummer for Tom Petty and the Heartbreakers). Arnold also worked as a bouncer at various nightclubs around the area; most notably Madame Wong's. At one point he had the opportunity to be part owner in Zeppy's Pizzeria with one of his friends in Redondo Beach, but decided to continue to dedicate himself full time with Towers Watson; but don't let that fool you, Arnold is secretly noted for his invention of the famous spicy turkey sausage and red onion pizza! Arnold's passion is spending time with his thoroughbred horses. He was introduced to the horse racing and breeding scene in 2007 and will continue this interest after retirement. He currently has several horses on a ranch in Ramona, California. We certainly wish him and Towers Watson much success after their long tenancy here at Watt Plaza.



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EMPLOYEE NEWS

Employee Spotlight



Reflecting on one individual who has an outstanding work ethic coupled with earned respect from both tenants and employees, brings to mind one particular “unsung hero”, Mike Fregeau. Mike Fregeau not only played an integral role in the achievement of LEED

Platinum for Watt Plaza, but also supervised a myriad of projects since his employ at Watt Plaza: a 25 elevator modernization, an exterior landscape/hardscape remodel, a lamp and ballast retrofit, a parking façade upgrade, a Security Surveillance upgrade, a conversion of Pneumatic to DDC, and a white roof installation to name a few and is currently in the final stages of The Central Plant Project.

Refusing a request is not in Mike’s vocabulary; going the extra mile and giving 110% is the “norm” for Mike. Mike’s reputation as a forward thinker is clearly evidenced in his ability to research the most cost effective solutions without compromising a quality product. Mike takes such pride and ownership in his work just as if the building were his own. It’s a pleasure and honor to present this employee spotlight to our “unsung hero” Mike Fregeau.



2014/2015 Tenant Event Schedule

Here is a quick look at upcoming events for next quarter:

December 2014:

BOMA Toy, Food, and Clothing Drive: Mon 11/17 – Wed, 2/10

Quarterly E-Waste Pick-Up: Tuesday, 12/2

Tenant Holiday Breakfast: Friday, 12/5

January 2015:

Winter Blood Drive: TBD

New Angus Module Presentation (Notify + Response): TBD

February 2015:

Workplace Violence Presentation: Wednesday, 2/11/15

Valentine’s Day Boutique: Thursday, 2/12/15 & Friday, 2/13/15

Girl Scout Cookie Booth: TBD

NEW TENANTS

at Watt Plaza

Please join us in welcoming our newest tenants to Watt Plaza:

- ➔ Alder Law
- ➔ Neutrino Networks, Inc.

EVENTS

Fire Drill

Building Management would like to thank you all for another excellent performance in this year’s annual fire drill. We would like to extend a special thanks to the top three tenants who did exceptional this year which includes: 1st Century Bank, Pircher, Nichols & Meeks and Jackoway.



Halloween Event

Thanks to all participants of both the pumpkin and costume contest for making this event so much fun! This event continues to get better each year!



Susan G. Komen & American Book Drive

Thanks to those tenants who donated books to the American Book Drive during the month of October. The proceeds will benefit the Los Angeles County Affiliate of Susan G. Komen for the Cure. Also, you may have noticed that the exterior fountain lights and parking structure brise soleil was lit pink for the month of October in observance of Breast Cancer Awareness month.

Union Rescue Mission – Sock & Hygiene Drive

Thanks to all who donated to this extraordinary charitable organization in November. It was a big success for those in need this holiday season! We were able to collect seven bags of hygiene items!

Union Rescue Mission also served more than 170,000 meals during Thanksgiving by deep frying 500 turkeys in Skid Row Downtown Los Angeles. Watt Plaza was able to make a monetary donation, which provided 84 meals to this great mission. Please visit their website at <http://urm.org/get-involved/> for more information.

RETAIL AMENITIES

Chase
310-553-8840

Federal Express
310-203-9928

1st Century Bank
310-270-9550

Mystic Flowers & Gardens
310-284-3417

Noble Cleaners
310-552-3377

Notary Services
310-789-2179

On-Call Legal
310-858-9800

Parking:
• Books on Tape (CD's)
• Electric Charging Stations
• Front Door Club
310-789-2178

Starbucks Coffee
310-553-8226

Taco Limon / Pizza Benne
310-286-0464

The Creator Hair Salon
310-553-2992

Trimana
310-772-0726

Trimana Express
310-553-5445

Green Your Holiday Scene



<http://www.epa.gov/students/holiday.html>

As we feast, give gifts, decorate and travel during holiday season, we also consume lots of resources and generate lots of waste. The amount of household garbage in the United States can increase by 25 percent between Thanksgiving and New Year's Day, from 4 million tons to 5 million tons.

The holidays are special, but this year's festivities don't have to negatively impact our environment. There are a number of measures that all of us can take to lessen the amount of trash we produce and the amount of time we spend on the road.

Here are some easy tips to "green" the holiday season! Holiday parties and other activities present many opportunities to reduce waste through reuse and recycling:

- 1 Have a "create-your-own-decorations" party!** Invite family and friends to create and use holiday decorations such as ornaments made from old greeting cards or cookie dough, garlands made from strung popcorn or cranberries, wreaths made from artificial greens and flowers, and potpourri made from kitchen spices such as cinnamon and cloves.
- 2 Turn off or unplug holiday lights during the day.** Doing so will not only save energy, but will also help your lights last longer.
- 3 Thousands of paper and plastic shopping bags end up in landfills every year.** Reduce the number of bags thrown out by bringing reusable cloth bags for holiday gift shopping. Tell store clerks you don't need a bag for small or over-sized purchases.
- 4 Wrap gifts in recycled or reused wrapping paper or newspapers.** Also remember to save or recycle used wrapping paper.
- 5 Donate the older toys that you no longer use to charities.**

- 6 If you host a party, set the table with cloth napkins and reusable dishes, glasses, and silverware.** Consider renting more formal tableware that you might not use very often. Also save and reuse party hats, decorations, and favors.
- 7 After parties, fill your dishwasher to capacity before running it.** You will run fewer cycles, which saves energy.
- 8 Decorate with more energy efficient LEDs** (light emitting diodes) strings rather than the larger, old fashioned lights. LEDs are exceptionally energy efficient when producing individual colors, many using up to 90% less energy than an incandescent bulb to produce the same amount of light. And be sure to turn them on only when someone's around to appreciate them.
- 9 Avoid foil and plastic-embossed paper** because it uses more resources in its manufacturing process.
- 10 When you're not enjoying a fire in your fireplace,** close the flue and block the hearth to prevent heat loss.



Building Management would like to extend a special CONGRATULATIONS to both Nadine Watt, for being named a Los Angeles Power Woman 2014 by Bisnow and Cameron Benson, for being named a Woman of Achievement 2014 by the Century City Chamber of Commerce and Women's Business Council.

CHARITABLE GIVING

Mutt-i-gree Tips for a Happy Adoption

From: The Animal League America

The Animal League America pioneered the Mutt-i-grees Movement in 2009 to promote the unique qualities of shelter animals or Mutt-i-grees as the perfect pet. Of the 8 to 10 million animals that enter shelters every year – most of them healthy and beautiful – more than half are tragically euthanized. While infinitely varied and individualistic, these wonderful animals share one common need: to find a permanent, loving-home.

Choosing the right dog...

Almost every dog in a shelter can provide you with unconditional love and companionship, and every dog deserves a lifelong, loving home. But some dogs are better for you and your lifestyle than others. That's why you should take the time to make a thoughtful choice. After all, you're choosing a friend who'll be with you for many years. Select the right dog, and you and your new companion will enjoy those years to the fullest.

Size and temperament...

A dog's size, exercise requirements, friendliness, assertiveness, and compatibility with children should all be considered when making your decision. An active, energetic dog might catch your eye, but a quiet or reserved dog might be easier to live with and care for. Also a dog that likes to be touched and is not sensitive to handling and noise will probably do well in a house full of kids.

Puppy or Dog?

Puppies usually require much more training and supervision than mature dogs. If you lack the time or patience to housetrain your pup or to correct problems like chewing and jumping, an adult dog may be a better choice.

Purebreds or Mixed Breed?

Purebred dogs generally conform to a specific "breed standard". Mixed breeds are simply combinations of different breeds, and are less likely to have genetic disorders due to the diverse gene pool. If you can recognize the ancestry of a particular mixed breed, you have a good chance of knowing how he'll turn out.

Keep in mind when visiting a shelter...

There will be counselors available to help you choose the perfect pet. A shelter is an unfamiliar place for any animal. If you walk past a dog that seems unfriendly or aloof, don't dismiss it. This particular dog may just be frightened or lonely. Ask the counselor to let you visit the animal in a quieter part of the shelter.

Choosing the right cat...

Cats make wonderful pets and can easily adjust to a variety of lifestyles and living spaces. Even so, a cat's personality, age, and appearance, as well as the kinds of pets you already have at home, are all things you should keep in mind when making your selections. Remember, you're committing to love and care for your new pet for its lifetime – up to 20 years. So, choose carefully and be a responsible pet guardian.

Choose a personality...

Look for a cat that is playful, active, alert, and comfortable while being held and stroked. Remember, because they are in an unfamiliar environment, some cats who are usually quite social may be frightened or passive while at the shelter.

Kitten or Cat?

Kittens are curious, playful, and full of energy, while adult cats are more relaxed and less mischievous. Kittens need more time to train and feed. Young children usually don't have the maturity to handle kittens responsibly, so a cat that is at least four months old is probably the best choice for homes with kids under six years old.

Shorthaired or Long?

You'll see more shorthaired cats at the shelter since they're the most popular and common cats. Longhaired cats make equally wonderful pets, but they do require more frequent grooming.

Whether you choose a dog or cat – Be responsible and spay or neuter your pet!

Spayed/neutered pets:

- Live longer than unsprayed/unneutered pets – dogs on average 1-3 years; cats on average 3-5 years.
- Roam outside the home less which lowers their chance of injury.
- Fight less with other dogs and cats reducing the risk of resulting wounds.
- Low to no instances of mammary gland tumors/cancer, perianal tumors, pyometria, and uterine, ovarian and testicular cancers.

Plus, you will be helping to end the pet overpopulation crisis that results in the unnecessary deaths of innocent animals nationwide.

