



Tenant Newsletter

Happy March!

Crest Management would like to remind our tenants and guests of our "No Pets Allowed" policy. Thank you for your cooperation.



2016 St. Patrick's Day Parade

When: March 12, 2016, 12:00pm

Where: 18th and Market

Three events, one weekend: the dinner, the run, and the parade. "If you're enough lucky to be Irish... You're lucky enough!"

<https://irishparade.org/>

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Food News

If you're looking for a true Celtic good times this St. Patrick's Day, make Llywelyn's Pub your destination – there are six locations to choose from!

Enjoy Corned Beef and Cabbage specials, an Irish Menu, traditional Irish libations, and live Irish music that will have you dancing a jig! They also have specials all month celebrating Irish holidays and traditions.

<http://llywelynspub.com/>



Clayton Corner



Electronic Recycling

March 11 & 12, 2016

Shaw Park

Electronic Recycling is held on the south parking lot in Shaw Park for residents and business employees to dispose of unwanted electronics in an environmentally safe way. Find more details at www.claytonmo.gov/e-recycling.

EMERGENCY PHONE NUMBERS

Emergency
911

Clayton Police
(non-emergency)
(314) 645-3000

Clayton Fire
(non-emergency)
(314) 645-3000

After-Hours Building Emergency
(314) 854-8350



St. Louis Blues

March 1st—@ Senators 6:30pm
March 6th—@ Wild 7:00pm
March 9th—vs. Blackhawks 7:00pm
March 11th—vs. Ducks 7:00pm
March 12th—@ Stars 8:00pm
March 14th—@ Flames 8:00pm
March 16th—@ Oilers 8:30pm
March 19th—@ Canucks 9:00pm
March 22nd—@ Sharks 9:30pm
March 25th—vs. Canucks 7:00pm
March 26th—@ Capitals 6:00pm
March 29th—vs. Avalanche 7:30pm

<http://blues.nhl.com>

St. Louis Cardinals

Season Opener
04/03/16
33 Days*

Home Opener
04/11/16
37 Days*

*Countdown is from March 1st

<http://stlouis.cardinals.mlb.com/>

March Madness

Selection Sunday
March 13th

First Four
March 15th & 16th

First & Second Rounds
March 17th-20th

Sweet Sixteen
March 24th & 25th

Elite Eight
March 26th & 27th

<http://www.ncaa.com/>

"Your time is limited, so don't waste it living someone else's life."
-Steve Jobs

Around St. Louis

St. Louis Home & Garden Show

When: March 3-6, 2016

Where: America's Center Convention Complex

<http://www.stlhomeshow.com/>

Hot Country Nights @ Ballpark Village

When: Friday Nights

Where: Ballpark Village

See several country artists performing live on the FOX Sports Midwest Live! Stage. Tickets are \$11 in advance and \$15 the day of. All shows are 21 and over. Shows Include:

- Friday, March 4, 2016 @ 8:00pm—Billy Currington

<http://www.stlballparkvillage.com/>

Free Family Night at The Magic House

When: March 18, 2016

Where: The Magic House

Some of the best things in life are free! The Magic House holds Emerson Free Family Nights every third Friday of the month from 5:30 pm to 9:00 pm. These special nights enable a family (no more than two adults and four of their own children) to enjoy more than 100 hands-on exhibits in the Museum at no charge through the generosity of Emerson. Reservations are not required.

<https://www.magichouse.org/>

Carrie Underwood: The Storyteller Tour

When: March 24, 2016 @ 7:00pm

Where: Chaifetz Arena

Seven-time Grammy winner and *Pollstar's* three-time top female country touring artist, Carrie Underwood, who just released her fifth studio album, *Storyteller*, will launch a new arena tour in 2016 to take her new music on the road. The Storyteller Tour—*Stories in the Round*, in association with award-winning cosmetics brand ALMAY, will be in St. Louis on March 24th with special guests Easton Corbin & The Swon Brothers.

http://www.thechaifetzarena.com/upcomingevents/details/?event_id=143

Thinking Green

Sustainability in the Workplace: CFL & LED Light Bulbs

Though CFL and LED lights both have a higher purchase price than standard incandescent bulbs, they last significantly longer and use much less energy.

Cost Savings

EHS Today says that with the support of your local utility, it's not uncommon to see rebates of 50% or more paid by the utility to assist with the upfront cost of new fixtures and related installation. This added cash incentive likely will bring the payback of what could be a very costly upgrade to less than 1 year.

At the same time, using LED and CFL lighting significantly can reduce air conditioning costs because they give off 50-90% less heat than traditional incandescent bulbs. You know how hot those bulbs can be. Just think how much harder your air conditioning system works during the summer to cool off your office or facility because of the heat those bulbs generate. Making a switch to CFL or LEDs not only saves electricity derived from lighting, but, because these bulbs generate so little heat, they have a very favorable impact on your AC costs.

Did You Know?

According to Forbes, CFL and LED bulbs can replace standard bulbs in most fixtures and can save you up to \$200 per bulb over time.

Increase Productivity

According to many studies, the usage of LED lights can increase productivity workers up to 25%. The reason is that LED lights emit white bright light that is similar to daylight, so the workers feel less tired and more attentive. Therefore, the productivity and quality of products increases when the LED lights are used. The extra controllability of LEDs also means you can let worker pick the brightness and color-temperature for the task in hand.



Research Findings

LumaStream conducted several studies since 2010 that measures the benefits of LED bulbs as it relates to performance. LED bulbs significantly out-performed their fluorescent counterparts. Their key findings include:

- LED supports positive mood, extended wakefulness and speeded performance
- 8.3% improvement in visual and cognitive tasks
- Faster reaction times
- Reduced fatigue
- Increased vigor/activity
- Lower rates of depression