

FEBRUARY 2010

SPECIAL
POINTS OF
INTEREST:

- Building Management office hours are 7:30 am - 5:00 pm.
- Contact Natasha Butler at (713) 759-9923 for all parking needs and concerns.
- Contact Roseanne Martinez for information on fire warden training .
- Contact Amy Lord for all concierge questions.
- Concierge only accepts checks. No cash or credit cards.

INSIDE
THIS ISSUE:

ConocoPhillips 23rd Annual Rodeo Run	2
Central City Co-op @ Discovery Green	2
Houston Concert Schedule	2
HLSR Concert Schedule	3
Recipe of the Month	3
Valentine's Day Bazaar	3
Go Texan Day!	3
Concierge Discounts	4
Workplace Wisdom	4
Think about this	4

The 1100 Louisiana Times

A PUBLICATION FOR THE TENANTS
AND VISITORS OF 1100 LOUISIANA

1100 Louisiana has gone GOLD!

In December 2009, 1100 Louisiana received Gold certification under the **U.S. Green Building Council's LEED® rating system for Existing Buildings (EB)**. As a result, the building performs 40% better and saves \$1.34 in energy costs per square foot per year when compared to the national average buildings. This translates to estimated greenhouse gas reductions equivalent to removing approximately 2,215 passenger vehicles from the road.

Green building features and programs include: reduced heat island effect; reduced nighttime light pollution; a 31.5% reduction in indoor potable water use; comprehensive commissioning; installation of low-mercury lamps; building waste diversion of 50%; green cleaning; and alternative transportation options for commuters, among other things.



Elevator Modernization

As of February 2010, approximately 45% of the building's elevators have been modernized. Some of the new features you will notice in the newly modernized elevators are the:

- New hall lanterns in the lobby. These new fixtures provide better visibility for waiting passengers when illuminated.
- Captivate monitors, which provide information on breaking news stories and stock and entertainment updates. These monitors can also be used to communicate building events to tenants.
- Hands free emergency phone system. These phones are monitored 24 hours a day/7 days a week and connect to an operator, which communicates all emergencies to the building/property management. While the pre-modernized elevators had an existing phone system, the modernization process included an upgrade to the phone system, which will allow the elevator technician to communicate with the passengers within the elevator.



ConocoPhillips 23rd Annual Rodeo Run

Join 13,000 participants February 27th in celebrating **Houston's western heritage** in the ConocoPhillips Rodeo Run. This 10K race and 5K run/walk exudes Texas flavor and hospitality by including events such as a themed costume contest and a post race party at Minute Maid Park. Shuttles are provided from various downtown locations to transport participants to the starting

area or form the finish area. Over 1,400 ConocoPhillips employees, families, retirees, and contractors volunteer each year which provide for support teams cheering and supporting participants along the way. Race entry fees are given to the Houston Livestock Show & Rodeo TM Educational fund. To this date over \$2.2 million has been raised. The deadline for corporate team regis-

tration is February 13th. Contact Dave Bishop @ dave.bishop@conocophillips.com to find out more information regarding team registration. Come be apart of this dynamic event and register @ www.conocophillipsrodeorun.com.

"Central City Co-op offers a space where people can come together as a community!"

Central City Co-op @ Discovery Green

Houston's original organic co-op, Central City Co-op, is on a mission and has been since September 2001. Their mission, along with partner co-ops throughout the city, is to provide everyone with access to high quality organic foods at reasonable prices on a weekly basis. Central City

Co-op offers a space where people can come together as a community! On Wednesdays Central City can be found at Grace Lutheran church, 2515 Waugh and at the Green Market on Sundays Discovery Green Park. If you have a green thumb and an overabundance of home grown

fruits, veggies and herbs and want to "share the wealth", consider joining the **Gardeners' Corner** at Discovery Green. Visit www.centralcityco-op.com to find out more about becoming a member, vendor rules and regulations, and volunteering!

Houston Concert Schedule



New Found Glory
Warehouse Live, Feb. 4

Flogging Molly
House of Blues, Feb. 10

KEM & Eric Benet
Arena Theatre, Feb. 13

H-Town Blues Festival
Reliant Stadium, Feb. 13

Merle Haggard
Verizon Wireless Theatre, Feb. 16

YES
House of Blues, Feb. 24

Mariah Carey
Verizon Wireless Theatre, Feb. 17

Jay-Z
Toyota Center, Feb. 22

Jason Castro
House of Blues, Feb. 26



Houston Livestock Show & Rodeo Concert Schedule

(Concerts held @ Reliant Stadium)

Alan Jackson	March 2	Blake Shelton	March 13
Dierks Bentley	March 3	Pesado	March 14
Kenny Chesney	March 4	El Trono De Mexico	March 14
Mary J. Blige	March 5	Lady Antebellum	March 15
Jason Aldean	March 6	Keith Urban	March 15
Jonas Brothers	March 7	Gary Allan	March 17
Tim McGraw	March 8	Black Eyed Peas	March 18
Darius Rucker	March 9	Eli Young Band	March 19
Rascal Flatts	March 10	Brooks & Dunn	March 20
Brad Paisley	March 11	Selena Gomez	March 21
Toby Keith	March 12	Justin Bieber	March 21



Go Texan Day!

The Hines Management Office would like to invite you to help celebrate Go Texan Day Friday, February 26th starting at 11am until the doggies run home! Join us on the plaza for hot dogs from James Coney Island and some down home music! A representative from the Houston Livestock Show & Rodeo will be selling discount Carnival Tickets. You can also register to win Rodeo Tickets compliments of the Hines Management Office. Make sure you boot scoot down to the plaza!

Recipe of the Month Chocolate Waffles I

Ingredients:

1 1/2 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup white sugar
3 tablespoons unsweetened cocoa powder
1 cup milk
2 eggs
4 tablespoons butter, melted



1 tablespoon butter, softened
3/4 cup confectioners' sugar
1/2 teaspoon vanilla extract
1 teaspoon milk

Directions: Preheat waffle iron. In a large mixing bowl, stir together flour, baking powder, salt, sugar and cocoa. Stir in milk, eggs and butter until mixture is smooth. To make hard sauce: stir together softened butter, confectioners' sugar, vanilla extract and milk. Sauce should be fairly stiff. Spray preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron. Cook until golden brown. Serve hot with hard sauce.

Valentine's Day Bazaar

February 1-5 & 8-12

Forget the hassles of the mall **this Valentine's Day!** Shop till your heart's content right here in the 1100 Louisiana tunnel. You are sure to save time and money with all the great shopping booths we have lined up! There will be a huge assortment of jewelry, purses, candles, gift baskets and much more!

Hope to see you there!

Hines

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Concierge Discounts

Tickets located in Suite 2250.
Concierge accepts checks only.

Stamps	\$8.80
Edward's Cinema	\$6.50
AMC Theatre	\$6.00

Workplace Wisdom

Make optimism a cornerstone of your success at work

Positive thinking alone may not ensure success, but it's an important start. If you don't believe in yourself, you'll have a hard time persevering against the obstacles and setbacks you're likely to encounter. Here are a few tips for maintaining the right attitude in the face of adversity:

- **Tell yourself you can change.** Think of how you've changed throughout your life—not physically, but emotionally. You're probably a different person today than you were five years ago, so don't assume you can't evolve further.
- **Use positive language.** Banish words and phrases like "impossible" and "I can't" from your vocabulary. Replace them with words that emphasize strength and success: "challenging" instead of "impossible," and "I must" for "I can't."
- **Create the right environment.** Listen to music that uplifts you. On your off time watch inspirational movies and shows. You don't have to devote yourself to a life of "Tomorrow" and *Rocky*, but don't spend too much time on downbeat material. Mix it up, with a leaning toward the positive.
- **Appreciate your life.** Focusing on what you don't have can crowd out your appreciation for what you already possess. Take some time every so often to enjoy what you've already achieved with your life. Think about what you did to get where you are, and use that as a reminder of your capabilities.
- **Let go of mistakes, but learn from them.** You're bound to fail at some things; don't obsess over them. Learn what you can and move on instead of beating yourself up over and over for them.

Think about this (a note from your dedicated editors)

"The American ideal is not that we all agree with each other, or even like each other, every minute of the day. It is rather that we will respect each other's rights, especially the right to be different, and that, at the end of the day, we will understand that we are one people, one country, and one community, and that our well-being is inextricably bound up with the well-being of each other and every one of our fellow citizens."
Author Unknown

After stumbling across this quote and reading it several times, we both had the same heart-felt reaction; we sighed. Mesmerized

by the sheer beauty of this idea, we felt lucky and therefore, compelled to share it with you. There are several parts that, with an honest effort, could stand on their own, but they would not be as powerful of a quote. Each part is undoubtedly necessary to the gut meaning and together make it astounding. Consequently, we decided that the following words embody this quote's true essence:

"our well-being is inextricably bound up with the well-being of each other and every one of our fellow citizens."

In other words, if our family members are not doing well, then our neighbors are not doing well. If our neighbors are not doing well, then our community is not doing well. If our community is not doing well, then our country is not doing well. Point taken? It is imperative that we realize that the well-being of our fellow citizens inevitably affects our own well-being. Life does not ask us that we agree with each other. Rather, it demands that we embrace our differences and at the same time, care about each other, thereby ensuring our survival and quality of life.