



The Review

A Newsletter for the Tenants of Kemper Lakes Business Center | Volume 3

Kemper Lakes' Three Corporate Drive Earns Prestigious Energy Star Rating

BPG Properties is pleased to announce that the Three Corporate Drive building has received the U.S. Environmental Protection Agency's (EPA) "Energy Star" rating. Energy Star is the national symbol for superior energy efficiency and environmental protection. By earning this designation, Three Corporate Drive joins the ranks of the top 25 percent of commercial and industrial facilities in the country for energy performance.

Energy Star was introduced by the EPA in 1992 as a voluntary, market-based partnership to reduce greenhouse gas emissions through energy efficiency. Today, the Energy Star label can be found on more than 50 different kinds of products, new homes, and commercial and industrial buildings. Products and buildings that have earned the Energy Star designation prevent greenhouse gas emissions by meeting strict energy-efficiency specifications set by the government. Commercial buildings that earn the Energy Star use an average of 40 percent less energy than typical buildings. They also release 35 percent less carbon dioxide into the atmosphere.

To achieve this rating at Three Corporate Drive, extensive work was completed to improve the building's overall energy performance. Cost-effective changes were implemented, including retrofitting or replacing lighting fixtures in the office and hallway areas with high-efficiency T-8 lamps, installing LED exit signs, and aggressively controlling HVAC and lighting systems with an energy management system.

Similar efforts are underway in the three remaining buildings at Kemper Lakes Business Center. When these buildings eventually meet the EPA's minimum occupancy requirement, they will be positioned to earn the Energy Star designation as well.



Energy efficiency is an integral part of the overall sustainability program implemented at Kemper Lakes. This comprehensive program includes controlling the discharge of water and air emissions, recycling paper, cardboard, electronic ballasts and fluorescent light bulbs, and utilizing green cleaning supplies. Reducing the usage of community water has also been achieved by utilizing rain and groundwater from the on-site lake for landscape irrigation. Beyond the obvious environmental impact, the sustainability program at Kemper Lakes will also yield significant cost savings for the property's tenants.

Health & Wellness Corner

There's no better time than summer in Chicago to venture outside for fun and fitness. To make your time more enjoyable and safer, include these simple guidelines: drink more water; apply sunscreen 30 minutes prior to sun exposure and every two hours thereafter; and increase your consumption of water and nutrient-rich fruits and vegetables.

Water, so simple and yet so complex, is arguably the most important nutrient for any active person. This incredible substance plays an important role in every major organ and system in your body. Water and liquid intake will vary from person to person but general guidelines (increased in 2004) state that men should drink 16 cups per day (130 ounces) and women 12 cups (95 ounces). Try green, black or white teas, hot or cold, which provide polyphenols—powerful antioxidants that ward off cancer and may also act as anti-inflammatories.

More than 90% of all skin cancers are caused by sun exposure. Sunscreens are the best defense against the disease. There are two types of ultraviolet radiation: UVA and UVB. UVB rays cause sunburn while UVA rays penetrate the skin more deeply causing it to wrinkle, sag, and look leathery. At a minimum, wear a broad-spectrum sunscreen

with a SPF of 15. For extended outdoor activities increase SPF to 30-50 and pick a waterproof/sweat proof formula.

Shop your local farmer's market weekly for the best in organically grown, in-season fruits and vegetables. Challenge yourself to try something new and ask the farmer about preparation ideas. Bring your own reusable bag or basket and buy enough for the whole week. This will make a pretty and delicious centerpiece.

Yours in Health & Wellness,

*Amy LeTourneau, Manager
Kemper Lakes Fitness Center, Lower Level Bldg. 3*



Take Advantage of Kemper Lake's On-Site Cafe

The cafe at Kemper Lakes Business Center is located on the first floor of Building 3 and is open for business between the hours of 7:00am and 2:00pm. Breakfast is served from 7:00am to 10:00am, with the fresh grille open from 7:30am to 9:30am. Lunch hours are 11:00am to 1:30pm and afternoon break from 1:30pm to 2:00pm.

The cafe has seven stations of service. For lunch, the main entree line features exhibition cooking, made to order salads, the Market Carvery, and "Your Way Buffet" on a rotated basis. Sandwich Central offers lunches made fresh with selections from the display and daily specials. A soup and salad bar is located in the center of the cafe with a large variety of choices to make a flavorful salad. Three soups or chili are featured daily. A selection of "One Pot Cuisines" are available at the Trattoria station with a shaker salad or pizza that is made fresh every morning. The fresh grille features a full selection of hot sandwiches and a daily special.

Check out the cafe's monthly marketing calendar that highlights seasonal specials and promotions. Also look for Savor & Save specials to find great deals.

One of the main strengths at the Kemper Lakes Cafe is Chef Lou Boudreaux. Lou spent many years in Wrigleyville where he ran kitchens for several restaurants around the Cubs baseball park. Lou's favorite style of cooking is from northern Italy and he is always happy to show off his talents. Bernardo is the cashier/caterer and he has been with the cafe since it opened. He is a wealth of information regarding the cafe and its services.

Do you have catering needs? The Kemper Lakes Cafe can service events ranging in size from 10 to 3,000 people. A catering menu is available by e-mail, but it is only a snapshot of what is offered. The catering staff prefers to meet and customize an event in person to make sure every detail is covered. Contact Scott Westberg at 847-726-3469 if you have any questions.

In short, the Kemper Lakes Cafe is a service to the tenants, and the staff will do its best to accommodate any request. A weekly menu is sent to representatives within each company. If your company is not receiving this service please contact the cafe at kemperlakescafe@sbcglobal.net.

Help, My Child Doesn't Listen!

Positive Discipline Ideas...

How can we help our children behave? Each child needs to experiment and test his own behavior within clearly defined limits. In other words, our children are supposed to act out, talk back, and not listen, at least once and most likely many times. That's how they learn. Think about learning how to skate or ride a bike—you fall. Even after you've mastered skating and biking, if you're tired, you're more likely to fall. It's the same with children and their behavior. Trying to figure out what they can and cannot do, children often wonder, "How much can I get away with before someone stops me?" Most children aren't devious or even manipulative in a negative sense. Children just want to learn the rules of life. Depending on their temperament, our children may devotedly follow the rules, follow the rules just enough to avoid consequences, or try to set their own rules.

Make sure your child gets enough sleep.

Children should consistently obtain at least 9 to 11 hours of sleep each night.

Establish a routine.

A routine gives children a structure and environment that fosters feelings of security, comfort, trust, and less anticipatory anxiety.



Have clear, specific rules of acceptable behavior.

Set rules for your children; "We are not buying anything at the store besides groceries, please don't ask."

Offer your child choices.

Give your child a choice between two activities that you can live with.

Kidshealth.org offers tips on disciplining your children at different stages of their life.

*The above information is brought to you courtesy of
Bright Horizons Family Solution,
your on-site child care provider.*

Interior Design Students Tour Kemper Lakes

On April 15th, twelve college students from the Illinois Institute of Art-Schaumburg majoring in Interior Design toured Kemper Lakes Business Center with General Manager Darrell Herschler as part of a class project. They were shown how commercial interior remodeling projects progress from the concept stage to working drawings and finally to a finished product.

The students were shown raw vacant space, finished vacant space, and the newly redone common area corri-

dors. Instructor Diane Kitchell highlighted various aspects of the design of the buildings as they related to materials presented in the classroom.

At the end of the evening tour, she commented on how excited the students were to see their course material presented in a real life application.

REMINDER: Please contact Marty Mulder in the property management office at 847-726-3400 to update your tenant contact information as needed to ensure we have current contacts on record in the event of an emergency, etc. As employee transition occurs, it is important to notify the management office as soon as possible should any of your designated contacts leave your firm. *Thank you.*



Who's Who at Kemper Lakes?

The staff at Kemper Lakes is dedicated to enhancing your business day by providing quality service. Take a moment to get to know two of the individuals here to serve you:



Kim Szromba
Childcare Director, Bright Horizons

Kim has been with Bright Horizons since 1999. Prior to joining Kemper Lakes, she served as the Center Director at Motorola Arlington Heights. Her background also encompasses 16 years of teaching experience. Kim is a graduate of Northern Illinois University with a Bachelor of Science Degree in Elementary Education. She believes in providing a quality child care program that focuses on each child's unique personality and promotes his or her emotional, social, and intellectual development.



Scott Westberg
Foodservice Manager, Eurest

Scott attended Kendall College in Evanston, IL, majoring in Culinary Arts and has worked in the foodservice industry ever since. Initially, he worked in hospitality at such prestigious facilities as the Chicago Hilton & Towers, the Hyatt O'Hare, and the 95th Restaurant on top of the John Hancock Building. Scott eventually moved into corporate foodservice and Kemper Lakes is thrilled to be the current beneficiary of his extensive experience and talents.

About BPG Properties, Ltd.

BPG Properties, the property owner, is a private equity real estate fund manager with a 25+ year track record of building value in a broad range of real estate on behalf of institutional partners.

Their current portfolio consists of over 20 million square feet of office, retail, student housing and industrial properties and more than 25,000 apartment units in over 100 communities located throughout the United States.

IMPORTANT PHONE NUMBERS:

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Kemper Lakes Cafe
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