



TOWER **Talk**

Summer 2006

Lincoln Tower Apartments u 520 S. Second Street u Springfield, IL 62701 u 217-525-8500 u www.lincolntowerapts.com



Summer in the City

Music. Markets. And More! Summer is in full swing. Take advantage of Springfield's many happenings around the city. Since the majority of these happenings are free, you won't want to miss out on the fun!

Music in the Park Series

Music in the Park is a series of five free concerts throughout the summer staged in various parks throughout Springfield. Hosted by the Springfield Parks Foundation, one concert is planned each month from May to September. Call 217-753-5742 for details.

- July 16 - Modern Country & Rockin' Blues featuring Lori Frank and Miles Station and The Mighty Mudbugs. Enos Park 4-7 p.m. Enjoy 100th Anniversary Party of Enos Park as well.
- August 20 - Hot Rhythm & Blues featuring Lady and the Sax and Razin' Kane. Bergen Park 4-7 p.m.
- September 17 - Big Band Show featuring The Bowling Alley Big Band and others. Douglas Park 4-7 p.m.

Golf Tournaments

The annual men's and women's city golf tournaments are here again. Springfield Women's City Golf Tournament will begin July 22 at Lincoln Greens Golf Course and will conclude July 23 at Bunn Golf Course. Springfield Men's City Golf Tournament will begin July 29 at Bunn Golf Course, move to Lincoln Greens Golf Course for July 30 and August 5, and conclude back at Bunn Golf Course on August 6. Call The Springfield Park District at 217-544-1751 or visit www.springfieldparks.org/golf for more information.

Farmers' Market

The Old Capitol Farmers' Market presented by St. John's Hospital highlights Illinois' finest specialty crops, plants, baked goods and much more! Special programming at the market includes Celebrity Chef Demonstrations, Craft Day, and Musicians at the Market. Join us rain or shine every Wednesday and Saturday until October 28, 2006. For further details, call 217-544-1723.



New Faces

Lincoln Tower is pleased to introduce Nikki Harlan, Lincoln Tower's new Assistant Manager. Nikki is a native of Springfield with several years of customer relations experience. She is excited to be here and looks forward to meeting you.

New Arrival at Lincoln Tower

One of our Leasing Consultants, Tina Lieberman, and her husband Jake, welcomed baby Noah on May 9th at 9:48 p.m. Noah came into this world at a healthy 7lbs. 2oz. and 19.5 inches long. Mother and baby are doing just fine, and we would like to take this opportunity to say congratulations to Tina and Jake!

Take a Break and Have a Safe Vacation

You've got your vacation planned and are highly anticipating the trip. All the reservations are made and the details have been thoughtfully planned out. However, few people think about their safety while on vacation. Before you embark on your traveling, be sure to review the following tips for a safe journey.

- Carry minimum luggage
- Label each piece of luggage with your name and address
- Be sure your luggage can be locked
- Keep your luggage close to you at all times
- Hold your purse under your arm. Carry a wallet in an inside coat or front trouser pocket
- Don't look vulnerable or lost. Walk with a purpose and stay alert to what's happening around you
- Leave important non-travel papers, such as your social security and credit cards, at home
- If traveling to a foreign country, photocopy all documents, including passport, credit cards and tickets, before leaving

home and store copies in a hotel safe

- Learn the location of the hotel
- Ask the hotel about the safety of the neighborhood and what areas to avoid
- Ask the bellman for directions and costs before taking a cab
- Use traveler's checks and credit cards instead of cash whenever possible



Continental Breakfast

Continental Breakfast will be served on Wednesday, July 19, August 23 and September 20. We will be in the lobby from 7-9:30 a.m. with an assortment of donuts, muffins, bagels, fresh fruits, cinnamon rolls, orange juice and freshly brewed coffee. Eat in or carryout on your way to work. This is one way of saying "Thank You" for choosing Lincoln Tower as your home!



Food Safety Tips for the Holiday Weekends

Serving Food Safely

- Keep cold foods cold and hot foods hot
- Do not use a plate that previously held raw meat, poultry or seafood for anything else unless the plate has first been washed in hot, soapy water
- Hot food should be kept hot, at or above 140 °F. Wrap well and place in an insulated container
- Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently
- Don't let perishable food sit out longer than two hours
- Food should not sit out for more than one hour in temperatures above 90°F



A Note about Transporting Food

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F
- Consider packing beverages in one cooler and perishable foods in another
- Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables
- After washing fruits and vegetables dry them with a clean cloth towel or paper towel before packing them
- Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened

Top 10 Signs You've Got a Bad Summer Job

Adopted from "The Late Show" with David Letterman

10. You have a 40-hour week schedule, but you only work Monday and Tuesday
9. You greet customers by saying, "Hi, welcome to Kenny's Rotting Shellfish Shack"
8. Interviewer asks if you know how to type, take dictation and dispose of a body
7. Donald Trump hired you as apprentice in charge of checking his hairpiece for ticks
6. Sign in bathroom reads: Employees must wash manager
5. Asked if your sense of taste has been destroyed by the asbestos yet
4. You're posing for "before" photos for diet plans, dermatologists and plastic surgery
3. The commissary's chowder is made from broiled white-out
2. Employer contacts you daily via satellite phone from undisclosed location in mountainous regions of Afghanistan
1. Eight hours a day, Russell Crowe throws stuff at you

SPRINGFIELD CALENDAR OF EVENTS

July

- 7/1-2 "Chicago", The Springfield Muni, 217-793-MUNI (6864), www.themuni.org
7/4 Fireworks Extravaganza, Knights Action Park, 217-546-8881
7/4-9 Capitol City Celebration, Downtown Springfield, 217-789-2360, www.downtownspringfield.org
7/5-9 "Chicago", The Springfield Muni, 217-793-MUNI (6864), www.themuni.org
7/8 Taste of Springfield, presented by Isringhausen Imports, 217-544-1723, www.downtownspringfield.org
7/21-23 "Aida", The Springfield Muni, 217-793-MUNI (6864), www.themuni.org
7/24-30 National High School Finals Rodeo, Illinois State Fairgrounds, 303-452 0195, www.nhsra.org

August

- 8/5 Animal Enrichment Day, Henson Robinson Zoo, 217-753-6217, www.hensonrobinsonzoo.org
8/5-6 Ear to Ear, Lincoln's New Salem, State Historical Site, 217-632-4000, www.lincolnsnewsalem.org
8/11-13 "The King and I", The Springfield Muni, 217-793-MUNI (6864), www.themuni.org
8/11-20 Illinois State Farm Classic, The Rail Golf Course, 217-782-6661, www.illinoisstatefair.info
8/16-20 "The King and I", The Springfield Muni, 217-793-MUNI (6864), www.themuni.org
8/31-9/3 LPGA State Farm Classic, The Rail Golf Course, 217-787-5742, www.lpgastatefarmclassic.com

September

- 9/2-3 Once Upon a Prairie Storytelling Festival, Old State Capitol Historic Site, 217-785-7960, www.illinoishistory.gov
9/8-9 Truckin' Specialties Mid-West Charity Cruise, Downtown Springfield, www.midwestcruise.com
9/10 Ride to Remember 9/11, Fairhills Mall to Capitol Grounds, 312-613-9182, www.ridetoremember911.com
9/16-17 18th Annual Edwards Place Fine Art Fair, Springfield Art Association, 217-523-2631, www.springfieldart.org
9/22-24 International Route 66 Mother Road Festival, Historic Downtown Springfield, 866-783-6645, www.route66fest.com
9/23 Second Annual Shop'n Crop Scrapbooking Fair, The Warehouse, 217-467-2866, www.thewarehouse.us.com
9/29-30 "Cats", The Gala Premiere and Show, Springfield Center for the Arts, 217-523-2787, www.scfta.org
9/29-30 The Pet Gala, The Warehouse, 217-467-2866, www.thewarehouse.us.com

MAINTENANCE

Filter Changes

The quarterly filter change for your heat pump will take place in August. The scheduled dates for our maintenance staff to change filters are as follows:

- Floors 3, 4 and 5 - Monday, August 14
Floors 6, 7 and 8 - Tuesday, August 15
Floors 9, 10 and 11 - Wednesday, August 16
Floors 12, 14 and 15 - Thursday, August 17
Floors 16 and 17 - Friday, August 18

Smoke Alarms

Apartment smoke detectors will also be tested during the quarterly filter change schedule. A 9-volt battery will be installed, if needed. If you have not changed the battery in your smoke alarm in the last 6 to 12 months, it is most likely in need of a new battery. If you leave out a new battery, we will be happy to change it for you. If you do not provide a battery and one is needed, we will provide one and you will be charged \$2.75.

Fire Alarm Testing

The quarterly fire alarm test will take place at 9:30 a.m. on Wednesday, August 9, 2006. The strobes will flash and you will hear bells ring on the floors being tested. The alarm will ring numerous times. As long as the bells do not ring continuously, this is the test and not an actual alarm. Watch for notices to be posted near the elevators as a reminder on the day before.

Hints from * Heloise

Bath Salts

Make your own special bath treat by combining 3 cups of Epsom salt, 1 tablespoon of glycerin, a bit of your favorite perfume or essential oils, such as peppermint, bergamot, rose or lavender, in a glass or metal bowl (you can add a few drops of food coloring, if you want). Put 1/2 cup or more of the mixture into the hot bath. Store the rest in an attractive apothecary jar with a latch.

Coffee Stains

To remove coffee (or tea) stains, rinse area with cold water immediately. Rub in a couple of drops of a mild, white dishwashing liquid and rinse well. Then treat with a mixture of one-part white household vinegar and three-parts water. Rinse again and launder as you normally do. Note: If cream was used in the coffee, you may have to sponge the stain with dry-cleaning fluid.

Italian Confetti Salad

Ingredients:

- 1 cup mayonnaise
- 1 tablespoon red wine vinegar
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 1/2 tablespoons chopped fresh basil
- 2 cups colored rotini pasta
- 1 cup chopped tomatoes
- 1/2 cup chopped yellow bell peppers
- 1/2 sliced black olives



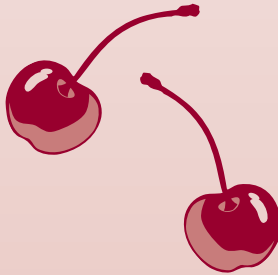
Directions:

1. Cook pasta according to package directions. Rinse in cold water and drain.
2. In a large mixing bowl, whisk together mayonnaise, vinegar, salt, black pepper and garlic until well-blended. Mix in basil. Add pasta, tomatoes, bell peppers and olives; fold gently until mixed. Chill several hours. Stir gently before serving.

Fresh Cherry Crisp

Ingredients:

- 4 cups pitted sour cherries
- 1 1/2 cups white sugar
- 4 tablespoons all-purpose flour
- 1 cup old-fashioned oats
- 1 cup brown sugar
- 1 1/2 cups all purpose flour
- 1/2 cup butter
- 1/2 cup shortening



Directions:

1. Preheat oven to 375 degrees.
 2. In a large bowl, combine cherries, white sugar and 4 tablespoons flour. Pour into 9 x 13 inch baking dish. In a medium bowl, combine 1 1/2 cups flour, oats and brown sugar. Cut in butter and shortening until crumbly. Sprinkle over cherries.
 3. Bake in pre-heated oven for 45-50 minutes, or until topping is golden brown.
- Makes eight servings.

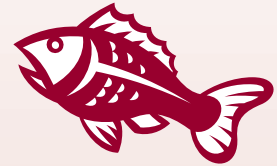
Lincoln Tower **RECIPE**

CORNER

Broiled Tilapia Parmesan

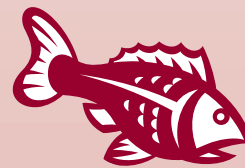
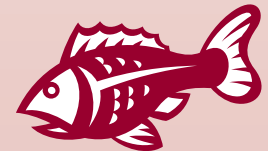
Ingredients:

- 1/2 cup Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon celery salt
- 2 pounds tilapia fillets



Directions:

1. Preheat your oven's broiler. Grease the broiling pan or line pan with aluminum foil.
 2. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, black pepper, onion powder and celery salt. Mix well and set aside.
 3. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for two to three minutes. Flip the fillets over and broil for a few more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for two more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to overcook the fish.
- Makes eight servings.



Lincoln Tower Staff

Manager:

Assistant Manager

Leasing Consultants:

Service Department Supervisor:

Service Department:

Head Housekeeper:

Housekeeper:

Door Attendant:

Marla Engelhart

Nikki Harlan

Laurie Jones

Tina Lieberman

Steve Hartel

Bill Brasche

Brian Spurling

James Hope

Carol Kellichner

Rosie Roberson

Roy Osburn

Lincoln Tower Office Hours

Monday - Friday:

8 a.m. - 5 p.m.

Saturday:

9 a.m. - 5 p.m.

Sunday:

Closed

