

## Welcome Fall

It's hard to believe that fall already is upon us. As the leaves turn and temperatures drop, we encourage you to take advantage of the many seasonal work/life benefits Eisenhower Corporate Campus has to offer, some of which are highlighted in this issue of News & Notes. As always, we welcome your comments, feedback and suggestions. From all of us at Eastman Companies, to our tenants, their employees and families, we wish you a festive, safe and prosperous holiday season!

## Make Fitness Part of Your Daily Routine

Staying fit during colder weather can be a challenge, but the benefits of regular exercise and physical activity are hard to ignore. For tenants and employees at Eisenhower Corporate Campus, it is easy to make fitness part of one's daily routine thanks to the convenience of It's Beyond Fitness, our on-site fitness center. According to Owner Trish Gardner, regular exercise can help control weight, reduce the risk of heart disease, and strengthen bones and muscles. A regular strength training program can help to reduce body fat, increase lean muscle and burn calories more efficiently. Within two hours after exercising, Gardner also suggests eating a meal containing both proteins and carbohydrates. Already thinking about your fitness and wellness resolutions for the New Year? Mark your calendar now to attend our first Health Fair of 2015, scheduled for Monday, Jan. 12. For more information, contact Gardner at [trish@itsbeyondfitness.com](mailto:trish@itsbeyondfitness.com).



## Let it Snow...But Be Prepared this Winter

Weather forecasters are predicting a mix of snow and occasional ice storms across our area. Eastman Companies is mindful that clearing sidewalks, walkways and parking areas is the highest priority for the safety and well-being of our tenants and guests year-round. Ample covered parking is available in our new five-story parking garage. We remind everyone to use designated walkways, vehicle entry points and parking facilities, which are continually cleared and treated with anti-slipping and ice/snow melting products when the temperature drops. Please avoid any wet spots. Safely getting to and from the office is very important. In case of a building emergency, please contact the Security Desk (973-740-1660) or Building Manager Ron Thomson (973-418-8244). [Read More.](#)



## Café Corner: Serving Up Seasonal Favorites

Searching for a way to incorporate fall's amazing flavors into your daily diet? Look no further than Eisenhower Corporate Campus' seasonal Food Festivals, where each Wednesday the "Food of the Month" is celebrated. September focused on fabulous grains and October highlighted the apple. In November, the delicious cranberry took center stage; hot mulled cider, cider donuts and pumpkin bread also were on the menu. In December, we celebrate the amazing winter squash. Chef Marco's "Action Stations" also are gaining in popularity, and include a new chef-made dish every week along with customizable condiments and proteins. It's never too soon to start planning holiday parties, and the cafeteria staff is ready to make your event extra special. For a catering menu or more information, contact the cafeteria at (973) 535-0913 or via email at [cafeecc@dartcor.com](mailto:cafeecc@dartcor.com).



## Make Every Event a Special Occasion

Turn your next corporate meeting or conference into an extraordinary event at the Eisenhower Conference Center. This first-rate facility – accessible to hotels, highways and Newark Liberty International Airport – fosters a dynamic business experience whether a company is in search of a meeting room for 10, a conference room for 50, or a venue for 200+ attendees. Facility amenities include a 200-seat auditorium and media center, state-of-the-art multimedia capabilities, individual conference rooms, WiFi, video conferencing capabilities, executive conference briefing facilities, an on-site café and more. For more information about the Conference Center or to reserve space, contact Shea Nelson at (973) 488-6124 or via email at [shean@eastmancompanies.com](mailto:shean@eastmancompanies.com).

## Ron's Tidbits: Updates from Building Manager Ron Thomson

It's a busy and exciting time at ECC, and there's plenty of news to share:

- Verizon's Fios Division recently celebrated their five-year anniversary with us and held a party at ECC.
- The Livingston Community Players once again is using our auditorium for their annual performance. This year's show, "A Year with Frog and Toad," is sponsored by Regal Bank.
- In cooperation with the American Red Cross, Verizon is participating in the "Adopt a Unit" campaign to support deploying soldiers and their families. A collection area is set up in ECC's main lobby.
- Looks like the geese may be spending another winter relaxing around our pond!
- At ECC, we always strive to be good corporate citizens. Currently we are providing space in our basement at no charge for the Livingston Robotics Club to develop their high-tech robots.