

ShoutOuts!

Chasing Leaks



A ShoutOut! to all our maintenance crew — among them Idriz Durmic, pictured above — for chasing down the leaks that seem to occur especially on hot, muggy days. One common source of summer leaks is water condensation from the convector units that provide air conditioning. If you see or feel wetness on the floor near those units, call the management office (773.769.3250). Maintenance will be there, pronto!

Marlon Pulls a Couple All-Nighters



Assistant manager Marlon Dacres went well beyond the call of duty this summer when he supervised the installation of fire doors in our parking garage. These are heavy, overhead doors meant to contain fire, and Marlon saw to it that the job was done safely and with minimal inconvenience to parkers. Thanks, Marlon. **TT**

Recently Rehabbed Rehab Miscellanea

With a few interesting units finishing up but none quite ready for stories, this is a good time to pass on some suggestions.



Most of our residents appear to be using cell and internet phones nowadays. And AT&T is petitioning state and federal governments

to be relieved of the responsibility for maintaining those copper lines.

But until further notice, Park Tower will require that **wired phone connectivity** be preserved in all units. Keep this in mind when remodeling, and make sure your contractor knows.



A similar requirement goes for the **intercoms** located in our hallways. True, they haven't worked for years and, if you wish, you can remove the original wall plate. But leave the wiring behind the wall plate in

place. The office can fill you in on details regarding phone and intercom requirements.

If you're remodeling your bathroom, think twice before discarding the original **heat lamp**. Replacements must be flush-mounted, and they're hard to find. Instead, remove three screws, spray paint the six 'donut' rings, and reassemble. Good as new.



Waterbeds are certainly allowed in Park Tower units, but be sure your condo insurance policy covers damage to your unit and surrounding ones in the truly awful event it springs a leak.



Will you be replacing your original **floor-to-ceiling bi-fold closet**

doors? Before delegating them to the dumpster, offer the metal parts (hinges, springs, rollers and door guides) to our maintenance crew. Some parts are no longer available and can be used to repair other original doors. Unscrew the hardware, put it in a clear plastic baggie, and drop it off at the office. **TT**

Park Tower Profile High Hopes and Working Hard

by Bob Shamo

Most of the folks we write about in this column are long-time Park Tower owners, but not Denis and Rachel. This young couple has been living at Park Tower for less than five years. Denis chose the building for many reasons, the top ones being security, view, and spacious floor plans.

Readers may recognize Denis and Rachel as DJ and hostess from *Tower Hangouts*, the Social Committee's dance party this past March. We're pleased to report that a lively and colorful event such as this will happen again this year in the Party Room.

Denis is originally from Russia. After spending time in the States six years ago



Despite growing up in two different cultures, Denis and Rachel are both passionate about music and taking their hobby to the next level. This is how *Vibe-Pass* was created. Denis has applied for a service trademark, and in the future he foresees the *Vibe-Pass* brand growing from simply DJ-ing to also including event planning and music production.

Many of their friends and clients think the company name refers simply to creating an enjoyable mood. Actually, it derives from a term common in music production — a technique for cutting any range of sound frequency from a song. This is done using *low-pass*, *high-pass*, and other filters.

Vibe-Pass, as a creative music business, aims to eliminate any negative energy and let only positive vibes communicate with the listener.

The next *Tower Hangouts* will feature music of the '80's and '90's, The Party Room floor is great for dancing, but just listening is fine, too. Judging by last time, sound will be of the highest quality and played at comfortable volume.

Finally, it may be interesting to add that Rachel is currently studying for a foreign service exam and recruitment process, that upon successful completion would allow her to work in a US embassy abroad.

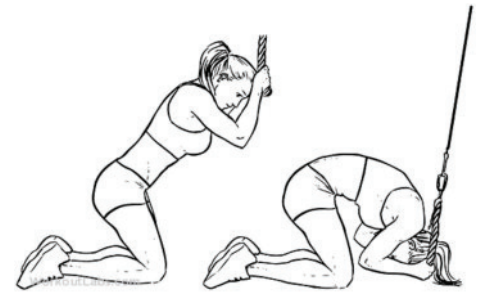
As for Denis, he says, "Not a problem. Club dates, music festivals, and concert tours happen everywhere. We'll be fine anywhere in the world!"

Welcome to Park Tower, Denis and Rachel. We wish you well here in Chicago, and wherever your journeys take you. **TT**

Health Club Fitness

Cable Crunches, a Favorite Core Exercise

by Joe Howard



While traditional crunches have their place in your fitness routine, one modified version that helps target all areas of the abs is a cable crunch. Here's how to do this simple-but-effective workout:

- 1) Kneel below a high pulley that contains a rope attachment.
- 2) Grasp cable rope attachment and lower the rope until your hands are placed next to your face.
- 3) Flex your hips slightly and allow the weight to hyperextend the lower back. This will be your starting position.
- 4) Crunch forward. Exhale as you perform this portion of the movement and hold the contraction for a second.
- 5) Slowly return to the starting position as you inhale.

Tip: Make sure you keep constant tension on the abs throughout the movement. Also, do not choose a weight so heavy that the lower back handles the brunt of the work.

Ideally, repeat for 3 sets of 10-15 reps.

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*Joe is our sales consultant from The Fitness Connection, which supplied equipment in the Health Club. **TT***

as an exchange student, he fell in love with American culture. Upon graduating from university in Russia with a degree in mechanical engineering, he returned to the States, this time with plans to stay long-term.

Music has always been an essential part of Denis' life. He began to study music at age six and has been deeply involved with music ever since. At age 13 he began learning the ins and outs of musical production, with a Casio synthesizer being his first piece of equipment.

Nowadays, Denis has his own mini-production studio and DJ equipment. His day job is in the hospitality industry, but on nights and weekends he can be found working hard to pursue his goals in the music industry.

Originally from Michigan, Rachel completed her studies at Grand Valley State University in International Relations and Russian Studies. She is an aspiring polyglot with an extensive knowledge of Russian, and she dabbles in Spanish, German, Turkish and other languages.

Rachel is working now at a medical practice where her job includes translating for a large Russian-speaking clientele. She also handles inquiries and bookings through www.vibe-pass.com.