

THE FRANCES NEWSLETTER

March 2005

Frances, L.L.C.

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President's Message

Be one of our volunteers to be trained in C.P.R. & in the use of our Automatic External Defibrillators (AED's) for the Frances Building. Those who survive Sudden Cardiac Arrest have an excellent long-term prognosis. Call 233-6056 and volunteer.



Everyday in the United States, **1,000** adults will become victims of sudden cardiac arrest. Sudden Cardiac Arrest (SCA) claims more than 350,000 lives every year, usually the result of an electrical malfunction of the heart called Ventricular Fibrillation. It strikes men and women, increasing in prevalence with age. It is difficult to predict and many victims have no prior symptoms. Some of the symptoms of SCA include immediate loss of consciousness and death. This happens within a matter of minutes in the absence of proper medical intervention -- and currently less than *one in 20 victims* in the United States survive! An unfortunate statistic which can be changed!

Unlike many medical emergencies, definitive therapy exists, in this instance -- electrical defibrillation. Defibrillation stops the Ventricular Fibrillation with an electrical charge that allows a normal heart rhythm to resume in most instances. It is highly effective when administered within the first few minutes following the SCA incident. The likelihood of successful resuscitation decreases by approximately 10 percent with each minute following the onset of SCA. Hence, the importance of having an AED onsite at Frances!

Building Management

Thanks for taking the time to complete the February Housekeeping Survey. After I pick up your form today we will be compiling your comments and working with B & G Cleaning on any deficiencies. The March form is enclosed with the new statement today. It may serve the purpose better if you wait until later in the month to complete it. Thank you again for your help!

Now you can get your Newsletter by email or view it at FrancesLLC.com. If you would like to receive your Newsletter by email just send me a note at JanetClark@FrancesLLC.com - I'll put you on the list.

Earn a Free Parking Space with Rent Referral

We have several spaces for storage available and the following OFFICE SPACE for lease: Suite 218 - 1764 sq ft, Suite 330 - 625, Suite 333 - 800, Suite 341 - 272, Suite 400 - 1900, Suite 427 - 825, Suite 433 - 1977, Suite 435 - 511, Suite 441 - 272, 601-375 and 606-450 sq ft.

Testimonial – New Ethernet

Lew Weinberg, Hal Widdison and Siouxland Community Foundation, are among the first tenants to use the new Ethernet offered by ICDN. "I signed up, and within a few days the team from ICDN had me up and running," said Lew of Weinberg Investments. "The guys from ICDN were very professional and efficient." Hal added "the speed and dependability are great. Even at the peak of internet use during the day I have been impressed with the download speed, I can feel the difference". Deb Hubbard at the Foundation says "it is wonderful-unbelievable! Select Download now – it is done in a blink of an eye. The speed is amazing!"



ICDN Adds More Speed to Ethernet

In a commitment to serving the Frances tenants with the best service possible, ICDN is now providing **1,024 kbps comparable SDSL** for the same low price. Check it out while the first month is still free. Sign-up at FrancesLLC.com Ethernet Page, or call 233-6046.

Bob's Corner - EMERGENCY PROCEDURES

Small Fire Call 911 and then use a fire extinguisher on small obvious fires. Extinguishers in hallways - approved for all types of fires.

Uncontrollable fire - Exit the building, **Call 911** and sound the building alarm to warn others. **DO NOT** use elevators. Use interior fire rated stairwell located in the center of the building or the exterior fire escape located on the east side of the building. Notify the building office at **233-6056** or **251-2561**. If no answer at those numbers - leave detailed messages.

Severe Thunderstorm & Tornado Watch When notified or conditions indicate an approaching storm, turn your TV or radio to a local station and be alert for a change from Watch to Warning.

Severe Thunderstorm Warning Stay away from windows. Take cover in central lobby on your floor, if severe thunderstorm is going to hit the area. **DO NOT** use the elevators.

Tornado Warning At the sound of the Civil Defense Sirens and/or the lobby bell alarm, take cover in the central lobby on your floor or in the basement, if a tornado is going to be in this immediate area. Take the stairs to the basement. The double doors to the Basement stairwell are located at the back of the lobby behind the Frances Barber Shop. **DO NOT** use the elevators.