



OCTOBER 2025

Tower Notes

Let's Talk Trash!

We all play a part in keeping the tower looking its best. That includes proper disposal of trash and recycling. Here's a quick refresher on our waste and recycling guidelines.

- **Daily Trash** – Desk-side waste baskets are emptied each weekday during normal cleaning.
- **Boxes** – Boxes should be broken down and placed in the service corridor for removal. Boxes and trash should never be left in public corridors.
- **Bulk Trash** – For excess or oversized items, please request a hamper through Prism. Bulk items should not be stuffed in or around waste baskets.
- **Recycling** – Use the blue bins for mixed office paper, plastic bottles (rinse first), cans and cardboard. Items that are not recyclable include: plastic bags, wrappers, disposable utensils, batteries, styrofoam, polystyrene clamshells/cups, coated paper containers, glass and pizza boxes.
- **E-Cycling** – Electronic and computer equipment can be recycled during our e-cycling events. The next event will be January 28-29.
- **Appliances** – You must submit a request through Prism for removal/disposal of appliances, such as coffee makers, microwaves, refrigerators or anything with a plug. Please note that there is a fee for removal/disposal.

Thank you for your cooperation. For questions, please contact the management office.

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Row for Breast Cancer Awareness

Winthrop Management is again partnering with Hearts of Steel to raise money for breast cancer research. Join us for the October 15th Hub Huddle, from 2 to 3 pm in the upper lobby, for a rowing contest. A \$10 donation lets you compete against a member of the rowing team. Spectators and cheering squads welcome! The winner receives two Penguin tickets to the November 21 (Hockey Fights Cancer Night) Pens vs Minnesota Wild matchup in the Captain Morgan Club.



You can also support Hearts of Steel with a donation in honor of a survivor or in memory of a loved one lost to breast cancer. Scan the QR code for details and to donate.

Halloween Happenings

Costume Contest: Join us on October 29th, from 2 to 3 pm in The Hub, for lots of candy and a spooky decent down the haunted stairs. Prizes will be awarded for:

- **Most Creative**
- **Best Group Costume**
- **Funniest Costume**



Kindercare Halloween Parade: October 29th, beginning at 10 am. Don't miss our charming little ghosts and goblins as they parade through the concourse and lower lobby.

STEEFIT

Nutrition Bite Webinar: The Anti-Aging Plate

Join us on Thursday, October 16th, at 12 pm for "Nourish to Flourish," a science-backed event where you'll learn how the right foods can help you turn back the clock. Free to all tenants. Scan the QR code to register.



Pickleball Anyone?

Join your fellow SteelFit members on the pickleball court on Thursday, October 16th, from 12:15 to 12:45 pm, for a fun and informative pickleball practice – for beginners to seasoned players! Stop by the gym for details or just come down to the pickleball court. Please note, you must be a SteelFit member to participate.

Oktoberfest Fun

Congratulations to our first-place contest winners.

Beer Stein Holding – Men: Ahmad Matour, 4:16

Beer Stein Holding – Women: Sarah Smith, 2:55

Bavarian Hat Toss – Cassidy Rush and Sophia Yi

Hub Huddles are Back!

Hub Huddles are a fun break on Wednesdays from 2 to 3 pm in The Hub (27th floor). Look what we have planned for October.

October 1 – Simmer Pots (stovetop potpourri)

October 8 – Caramel Apple Bar

October 15 – Hearts of Steel Rowing Competition
(in the upper lobby)

October 22 – Pumpkin Painting

October 29 – Costume Contest

Building Notes

Power Shutdown

Beginning at 8 pm on Saturday, October 25th, the tower will be closed for semi-annual testing and maintenance of major systems including electrical, mechanical, elevators, fire and life safety systems. Please turn off all electrical equipment that could experience damage if power is disconnected, such as computers, coffee makers and copiers. The building is scheduled to reopen at 12 noon on Sunday, October 26th.

Pittsburgh Crèche

Construction of the Pittsburgh Crèche will begin on Monday, October 20th. The dedication and blessing of the crèche will take place at 12 noon on Friday, November 21st. The large-scale nativity scene will be on display through January 6th.

“Autumn
carries more
gold in its pocket
than all the other
seasons.”

– Jim Bishop