

James Center

www.thejamescenter.com

Fall 2011

Drive to End Hunger Event at James Center

Thursday, September 8
from 10:00 a.m. to 2:00 p.m.

James Center Plaza

Music by Susan Greenbaum

Race on down to the Plaza to see Jeff Gordon, the driver of the #24 Drive to End Hunger Chevrolet. AARP and the #24 Drive to End Hunger Chevrolet show car will be at James Center Plaza from 10:00 a.m. to 2:00 p.m. on Thursday, September 8 for a food drive to benefit Central Virginia Food Bank. Bring a bag of food for the Central Virginia Food Bank or donate to Drive to End Hunger by credit card. AARP Foundation will present a \$10,000 check to the food bank.

Four-time NASCAR Sprint Cup Champion, Jeff Gordon, will be on hand from 12:15 p.m. until 1:15 p.m., and will hold a question and answer session with the audience. Fans who bring cameras can get their photo taken with the #24 Drive to End Hunger show car!

AARP Virginia has been holding a statewide food drive for three years. This year, the food drive links



NASCAR fans and organizations in a fight to reverse the growing problem of hunger among older people in local communities nationwide through Drive to End Hunger. Hunger is a concern for many, but Virginians age 65+ living solely on Social Security are the hardest hit. For further information, visit www.createthegood.org.

Susan Greenbaum will be performing for our last Summer Music concert from 11:20 a.m. to 12:20 p.m. At 12:20 p.m., Jeff Gordon will come out on stage with the President of AARP, Governor Bob McDonnell, Mayor Dwight C. Jones, the Virginia President of AARP and others. After introductory remarks, Governor Bob McDonald will issue a proclamation from the Commonwealth of Virginia in honor of the Drive To End Hunger.

At approximately 12:36 p.m., our own First Capital Bank will receive their Corporate Challenge: Peanut Butter plaque from Jeff Gordon! Christina England will accept the award this year on behalf of First Capital Bank. At the beginning of the summer, James Center groups were challenged to compete for a great cause and donate jars of peanut butter to feed local children, families, and seniors throughout Central Virginia. First Capital Bank donated 1,623 pounds of peanut butter to win the challenge!

From 12:40 p.m. to 1:10 p.m. Jeff Gordon will hold a question and answer session in the Plaza.

Plaque Presentation for the James Center Peanut Butter Corporate Challenge Winner

This year, Jeff Gordon will present the winner's plaque to First Capital Bank for donating 1,623 pounds of peanut butter.

Thanks to everyone for taking action to support hunger relief in our region.



Hats Off for Kourageous Kids!

Display: September 1 -12
James Center Atrium

Event: Thursday, September 15
from 11:00 a.m. to 2:00 p.m.
James Center Plaza

Each September, ASK recognizes Childhood Cancer Month with a portrait display honoring the courageous spirit of children with cancer. The children are proud of their portraits and gain confidence in their appearance through the process. The Kourageous Kids exhibit will be on display in James Center Atrium from September 1 to 12.

Thursday, September 15 is Hats Off for Kourageous Kids day at James Center Plaza from 11:00 a.m. to 2:00 p.m. 500 new hats will be displayed, each one representing a child in Central Virginia who is battling cancer. A collection bin is available in the



Atrium so you can donate a hat ahead of the event. At 11:15 p.m. there will be a reading of a Childhood Cancer Awareness Month proclamation from the Commonwealth of Virginia. Musical entertainment will be provided by The Jangling Reinharts.

Treatment of childhood cancer is one of modern medicine's success stories. Thirty years ago, few children with cancer lived, but now almost 75% are cured of their disease. However, for the 250,000 survivors of childhood cancer living in the U.S., life can come at a high price. The surgery, radiation, and chemotherapy used to cure children sometimes effects growing bodies and developing minds.

Headquartered in Richmond, Virginia, ASK supports children with cancer in Central Virginia. ASK steps in at the time of diagnosis to provide social, spiritual, emotional and financial support to children and their families. Their mission since 1975 has been to make life better for children with cancer. This year, ASK will serve over 500 children, ages newborn to 21 years of age. For more information, go to www.askweb.org or call 804-828-1531.

Emergency Preparedness Evacuation Meeting and Drills

Thursday, September 15
from 2:00 p.m. to 3:30 p.m.
Shenandoah Room at The Omni Hotel

It is almost time for our annual Emergency Preparedness Evacuation Meeting and Drills. The meeting is scheduled for Thursday, September 15, from 2:00 p.m. to 3:30 p.m. in the Shenandoah Room at The Omni Hotel. Refreshments will be provided. The drill dates will be in October and announced to our tenant contacts only on Friday, September 16.

We encourage all tenant floor wardens and/or office wardens to attend. Please note that a section on earthquakes will be added to the Emergency Handbook and distributed prior to the meeting on September 15. We welcome tenants to the meeting — we want you to be prepared.

A Tribute to Alden Aaroe



Tuesday, September 13
from 6:00 p.m. to 10:00 p.m.
Hosted at The Bull and Bear Club
\$85 per person

A dinner honoring Alden Aaroe, morning news anchor on WRVA for over 40 years, will be held on Tuesday, September 13 from 6:00 p.m. to 10:00 p.m. at The Bull and Bear Club.

A portion of the dinner proceeds will go to refurbishing the Kanawha Room and renaming it The Alden Aaroe Room. Some of the proceeds from the dinner will also benefit The Annual WRVA Alden Aaroe Shoe Fund.

To make reservations, contact The Bull and Bear Club at 804-649-8431.



Flu Shot Clinic



Thursday, November 3
 from 12:00 p.m. to 1:30 p.m.
 Three James Center Lobby

Our annual Flu Shot Clinic will be held on Thursday, November 3, from 12:00 p.m. until 1:30 p.m. in the Three James Center Lobby.

The cost of a flu shot is \$28.00 and a pneumonia shot is \$55.00. There is no charge for shots if you have Medicare Part B, but please bring your Medicare card with you to take advantage of the benefit.

James Center YMCA: Try One Month for FREE!

James Center YMCA is excited to announce our first ever "Tenant Month". During the month of November, tenants of James Center will be given free access to James Center YMCA! This free, month-long membership will include full access to our facility and to group exercise classes. Come by and get a jump start on those New Year's resolutions. Registration and proof of employment will be required prior to use.

James Center YMCA
 804-200-6070
 Three James Center, Suite 300

SunTrust Richmond Marathon



Saturday, November 12
 8K at 7:00 a.m.
 Half Marathon at 7:30 a.m.
 Marathon at 8:00 a.m.

Along with VIP treatment, every participant in the marathon, half marathon, and 8k receives an official long sleeve technical race shirt, a custom medal at the finish line, and admittance to a special post-race celebration with plenty of free food, drink, and lots of smiles and pats on the back! All finishers can receive a free certificate to recognize and commemorate their accomplishment. For further information and to register, visit: www.richmondmarathon.com.

Donate Life is the official race charity of the SunTrust Richmond Marathon. They work to increase organ, eye and tissue donation in Virginia and across the United States. Nearly 100,000 people are currently waiting for a life-saving organ transplant. One organ donor can save 7 lives and one tissue donor can help more than 50 people. To learn more about organ and tissue donation and how you can get involved, visit: www.donatelife.net.

Donate Life Pledge Program runners and walkers can bring collected pledges to the Donate Life table at the Health & Fitness Expo at the Arthur Ashe Center on Thursday, November 10 from 5:00 to 9:00 p.m. or Friday, November 11 from 11:00 a.m. to 9:00 p.m.

Mark Your Calendar

ART EXHIBITS

ASK Exhibit	September 1-15 Atrium
Focus Group Camera Club	October 1- 29 One James Center Lobby

FLU SHOT CLINIC

November 3
 12:00 p.m. - 1:30 p.m.
 Three James Center Lobby

BLOOD DRIVE

October 27
 9:00 a.m. - 1:30 p.m.
 Three James Center, 7th Floor

HOLIDAY 2011 EVENTS

Grand Illumination <i>Big Ray and the Kool Kats will be performing!</i>	December 2 5:45 p.m. - 7:00 p.m. James Center Complex
Tenant Holiday Party	December 8 5:00 p.m. - 7:00 p.m. The Bull & Bear Club