



## The **greening** of London Terrace Towers

### Energy Conservation Begins at Home

As you may know, the Board of Directors and Management team are working diligently to convert London Terrace Towers to a more energy efficient, "green" building. Their plans include dual fuel boilers and water heaters, lighting changes in the public spaces and more. There are many ways you too can participate in saving resources, reducing our utility costs and helping to preserve our planet. You can begin by removing the guesswork and buying Energy Star products. More than 50 types of products (from lightbulbs to appliances) bear this label. It means you're buying the most energy-efficient products on the market. To get you started, Susan Singer, a Board member from 405, donated a CFL Bulb to each apartment...be sure to get yours! Below are some non-onerous ideas on how you can do your part.

### Heating/Cooling:

- Wear clothing appropriate to the season. In the winter months, the boiler is automatically controlled according to the legal standards of NYC. But, depending on your position in the buildings, your apartment can be a little cooler or warmer than others. If you like the heat higher, consider putting on a sweatshirt/bathrobe or putting an extra blanket on the bed before purchasing that electric space heater!
- Harness the sun. Open south-facing window shades and drapes during the day and close them at night.
- Don't leave your window open and your radiator (or air conditioner) on at the same time!
- Turn off your air conditioner when you leave the apartment.

### Lighting alone can consume 20 percent of home energy use:

- Use natural light whenever possible.
- Flip a switch. Turn off the lights when you leave a room.
- Help lightbulbs last longer. Install dimmers in the kitchen and dining room — it adds ambiance while saving energy!
- Switch brands. Replace standard incandescent lightbulbs with energy-efficient ones. Replace halogen torchiere lamps with Energy Star compact fluorescent lamps. These cost a little more, but use less energy and last a lot longer.

### Give your electronic equipment a rest:

- Your computer's sleep mode (if activated) will let you power it down when sitting idle — which can save \$25 to \$75 per year in energy costs. Or, better yet, simply switch off the power strip to turn off your computer, monitor, printer, copier, and fax machine when they're not in use.
- Ditto with other equipment. Unplug all your electronic toys (TVs, DVD players, VCRs, cellphone chargers) to keep them from using electricity when they're not in use.

### Water:

- Fix leaky or dripping water faucets. One drop a second of hot water can waste as much as 48 gallons a week!
- Turn off the hot water when you're not really using it!
- Use cold water when you can.

### Kitchen:

- Dishwashers: The dishwasher uses the same amount of water for partial and full loads. Make sure you fully load it before running it! Use the short cycle with fewer rinses. Using cold water reduces energy use by 75%!
- Refrigerators: Clean your refrigerator coils twice a year. Keep your refrigerator settings at 37 - 40 degrees and freezer settings at 0 - 5 degrees. Replace worn, dried, cracked or broken gaskets and make sure the rubber gasket on the door is tight. Allow foods to partially cool before putting them in the frig!
- Stoves/ovens: Don't preheat the oven. It isn't necessary unless the food requires high temperature and slow cooking times. Don't keep opening the door for a "peek" as each time you do the temperature drops 25 - 30 degrees! Make use of the leftover heat for warming rolls, deserts, etc. Use the self-cleaning features only when necessary. Cover your pots and pans with tight covers. Trapped steam makes food cook faster.
- Microwave: Use your microwave whenever possible. It uses one-third the amount of energy than your conventional oven.

Dear Fellow Shareholders:

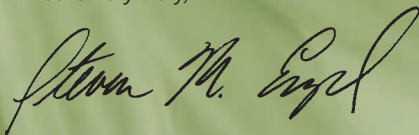
*It is appropriate that this issue of the newsletter focuses on the environment and efforts to "green" London Terrace Towers. As we become more aware of and sensitive to the impact of energy use and lifestyle has on the environment, the Board of Directors, our Management team and our Superintendent are all investigating ways to reduce energy consumption and operate the buildings in a more environmentally friendly way. We are tackling the "big" items like new boilers, replacing the lighting in common areas and looking into new ways to recycle. Our hope is that you will look at the front page to see if you can fit these suggestions into your routine. Perhaps you have additional energy saving ideas that we can pass along!*

*We have already changed the paper and cleaning products in the Health Club and pool. And, recently, a Board member, Susan Singer, donated one compact florescent light bulb to each resident in an effort to demonstrate the advantages of these bulbs over conventional light bulbs. The environmental upside of these bulbs is significant. They have a much longer useful life than an incandescent bulb - projected at ten times! In addition, there is a financial savings over the life of the bulb estimated at \$46 per bulb. The net result is saving money, conserving utility resources and helping preserve the environment.*

*On a separate note, the Board is pleased to announce that Manhattan's premier swimming school, Imagine Swimming, will begin to offer swimming lessons at our pool. Reserved exclusively for children living in London Terrace, Imagine brings us world-class aquatic instruction for your kids - from the 15 month old "Minnows" ready for their first splash to 12 year olds in need of competitive stroke training. For scheduling information, please call Imagine Swimming at 212-253-9650. You can also e-mail to [info@imagineswimming.com](mailto:info@imagineswimming.com). Their website is [www.imagineswimming.com](http://www.imagineswimming.com). We are quite excited to be able to bring this program to London Terrace.*

*Happy Spring everyone.*

*Yours very truly,*



Steven M. Engel  
President  
London Terrace Towers  
Board of Directors

## From the Treasurer | Sylvie Destian

At the last annual meeting, several shareholders voiced their concerns over the cooperative's purchase of two contiguous apartments, 1B and 1C, in the 468 building. The board's decision to purchase the apartments was based on the reality that at some point, the current management office, which is owned by the sponsor, would be sold and the cooperative would either have to locate new space for the management office or purchase the existing space.

The board felt that we should be adequately prepared for that eventuality. At the time, the cooperative already owned two apartments, one in 470 and one in 410. When the opportunity to buy two apartments in the 468 building presented itself, the Board decided to sell the apartments we owned. The apartments in 410 and 470 were sold for a total of \$835,000. The two apartments in the 468 building were purchased for a total of \$750,000. The 1C apartment was renovated, at a cost of \$30,000, and both 468 apartments are currently leased, providing the coop with an additional \$39,779 per year in income.

The Board believes that the location of the management offices, close to our significant amenities - the Health Club, pool and roof deck - and at street level would be safer and more efficient than having the office located on the second floor of one of our residential buildings. In addition, due to the configuration of the purchased apartments, approximately 500 square feet that is currently public space could eventually be added to the Health Club.

I hope that this clarifies any remaining concerns.

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## This and That | at London Terrace Towers

### Share your art!

The management office would like to start a calendar of shareholder and resident events. If you are an artist, photographer, dancer, singer, musician, actor, etc., who is performing or showing your work and would like to share that information with your neighbors, please contact the management office.

### The Roof Deck:

#### The 470 West 24th Street Roof Deck opens April 1, 2007.

The hours of access in April and May are 9AM until 8PM. Please have your valid LTT photo ID with you to present to the 470 lobby attendant for access to the roof. Two guests are permitted per each valid LTT photo ID. All residents must sign in and out with the 470 lobby attendant. A copy of the rules and regulations are available in the 470 lobby.

### Guest Policy:

If you are having a guest stay in your apartment when you are not home, please call the management office. Simply telling your lobby attendant is not sufficient. The office will generate a written authorization that is sent to your lobby. In order to gain access to the pool and/or health club facilities, you must accompany your guest and purchase a guest pass.

### Do you take your grout for granted?

Believe it or not, many of the interior leaks are caused by the lack of sufficient grout in your shower/tub area. Water will trickle down onto your neighbor's bathroom ceiling and, if not corrected, will result in the need to replace the ceiling beneath your bathroom. Who pays for the replacement? You. Try to

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remember to look at the corner areas, around the faucets, spout, soap dish and where the tub and tile meet. These are the areas that usually get worn first. Prevent damage before it occurs!

#### **The outstanding elevator issues should be completed by May.**

This includes the repair of the ceilings, call buttons, refinishing the walls and sealing the floors. Keep in mind that when the floors are complete they will be darker in color as a result of a sealer application to protect them from staining and allowing for easier maintenance. The remaining repairs will result in removing cars from service from time to time for various periods depending upon the task being performed. It should not present serious inconveniences.

#### **The elevator cab recording security cameras have been installed.**

The additional security feature of stopping at the lobby and being manually released by the lobby attendant before or after a basement call is operational again.

#### **The facade work has been bid and negotiated.**

Once the contract has been approved, and the financing is secured, the work should begin within the month. The total work in all four buildings is anticipated to take eighteen months. 410 needs the most work so Ninth Avenue side of the cooperative will be done first. A sidewalk bridge will be erected on the Ninth Avenue from 23rd to 24th Street. As there is a pressing need to repair the elevator motor rooms on top of 465 and 470, they will be fixed right away as well. The base cost for the overall facade work is \$3,860,000.

#### **There will be some issues that may involve direct shareholder expenses.**

While the brick repair is being done, every air conditioner sleeve will be inspected. Defective sleeves cause leaks not only into the apartment for which it was installed but into apartments below the sleeve. If a sleeve is deemed defective by our engineer, the shareholder owning that sleeve will be responsible for the cost of making the necessary alteration. The negotiated price for that work will be \$2,000 per a/c sleeve. The management office will advise you if you have a sleeve(s) that is deemed defective. Every effort will be made to address those conditions prior to the warm weather so that the units may be used.

#### **The boiler replacement project for 465 and 470 is in the final design stages.**

We plan two new dual fuel (#2 oil and gas) boilers for our steam heat and back up hot water and a gas hot water boiler that will provide hot water during the summer. The system will also temper the pool water as a byproduct of our primary use. The system is state of the art environmentally and meets all California regulations (the most rigorous in the country). Our engineers estimate we will save 15% per annum in fuel costs which will save the cooperative 7-1/2% in overall fuel costs. The project will take approximately five months to complete and cost an estimated \$730,000. The plan calls for some substantial reconfiguration of the basement area at the corner of Tenth Avenue and 24th Street. It will also be necessary to maintain a boiler on the street to provide hot water during construction.

#### **Residential hallways:**

A Benjamin Moore representative will guide us through preparation for the hallway painting project. The representative will help us develop a scope of work and assist with color selection. Subsequent to color selection, the work will commence hopefully no later than May.

## **Friends of the High Line News**

### **Could this be your fifteen minutes of fame?**

There's a new fun FHL project going on to create and publicly exhibit portraits of High Line friends and supporters. Photographer Tom Kletecka will photograph High Line supporters in front of a Joel Sternfeld High Line backdrop. Selected portraits will then be displayed around High Line neighborhoods (like ours!), mounted to the construction fencing surrounding nearby developments. Portraits will also be archived on a special Web site and possibly used in a publication. Each participant will receive a copy of his or her portrait to keep. This project has been made possible by Fujifilm USA.

The High Line shows that sometimes even the most unlikely dream can become a reality. Participants in the portrait project will be asked, "What's your dream?" Their answers will appear on the portraits.

Public photographic sessions will take throughout spring 2007. There is a session scheduled on Saturday, March 31, from 12:00 PM through 3:00 PM at the Dan Carpenter Room (2nd floor) at the Hudson Guild, located at 441 West 26th Street (between 9th and 10th Avenues). For information of future sessions, write [info@thehighline.org](mailto:info@thehighline.org) or call 212-206-9922.

#### **The Whitney weighs in!**

The Whitney Museum has signed on to build a satellite branch at the High Line park at Gansevoort and Washington streets. Plans call for the new museum to be at least twice the size of the Whitney's home on Madison Avenue at 75th Street and to be finished within the next five years.

The deal, which has still to go through a public review process before it is final, is an "adventurous step." The Whitney BOD thinks the new site will have a big enough impact so that it will become a destination. The museum's director, Adam D. Weinberg, said the new museum would not only offer more gallery space but would also be less expensive. Although no architectural plans have yet been drawn, the future museum is loosely estimated to afford at least 200,000 square feet.

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## **The Value of Homeowners Insurance**

For most people, their home is their greatest asset. Yet studies show that 59 percent of today's homes are underinsured by an average of 22 percent. To protect your investment, you should update your insurance regularly to include improvements, major purchases and increased rebuilding costs. A major alteration, even a lifestyle change such as marriage, or a family member moving in (along with his or her belongings), should trigger a call to your insurance company.

To properly insure your home, the Insurance Information Institute recommends that homeowners ask their insurance agent or company representative three key questions:

### **1. Do I have enough insurance to rebuild my apartment?**

Your policy needs to cover the cost of rebuilding your apartment at current construction costs. Unfortunately, some people simply purchase enough insurance protection to satisfy their mortgage lender. Others confuse the real estate value with what it would cost to rebuild it. Quite simply, you should have enough insurance to rebuild in the event that it is completely destroyed.

Be sure to consider the following:

- **Replacement Cost:** Most policies cover replacement cost for damage to the structure. A replacement cost policy pays for the repair or replacement of damaged property with materials of similar kind and quality.
- **Extended Replacement Cost:** This type of policy provides additional insurance coverage of 20 percent or more over the limits in your policy, which can be critical if there is a widespread disaster that pushes up the cost of building materials and labor.
- **Inflation Guard:** This coverage automatically adjusts rebuilding costs of your home to reflect changes in construction costs. Find out if your policy includes this coverage or if you have to purchase it separately.

## 2. Do I have enough insurance to replace all of my possessions?

Most homeowners insurance policies provide coverage for your personal possessions for approximately 50 percent to 70 percent of the amount of insurance you have on the structure of your home. So if you have \$100,000 worth of coverage on the structure of your home, you would be covered for \$50,000 to \$70,000 worth of the contents of your home, depending on the policy.

The best way to determine if this is enough coverage is to conduct a home inventory, which details everything you own and the estimated cost to replace these items if they were stolen or destroyed by a disaster. You can download free home inventory software at <http://www.knowyourstuff.org>

You can insure your possessions in two ways:

- **Cash Value Policy:** This coverage pays the cost to replace your belongings minus depreciation.
- **Replacement Cost Policy:** This coverage reimburses you for the full current cost of replacing your belongings.

To illustrate the difference between the two types of policies, suppose, for example, a fire destroys a 10-year-old television set in your living room. If you have a replacement cost policy for the contents of your home, the insurance company will pay to replace the TV with a comparable new one. If you have an actual cash value policy, it will pay only a small percentage of the cost of a new TV set because the old TV has been used for 10 years and is worth a lot less than its original cost. Some replacement cost policies specify that the new item be purchased by the insurance company as they may be able to purchase at a bulk or special rate. The price of replacement cost coverage is about 10 percent more than that of actual cash value.

## 3. Do I have enough insurance to protect my assets?

Homeowners insurance doesn't just protect the structure or contents of your home, it also provides liability protection. This covers you against lawsuits for bodily injury or property damage that you or your family members may cause to other people. It also pays for damage caused by pets. Liability insurance pays for both the cost of defending you in court and for any damages a court rules you must pay—up to the limits of your policy.

It is important to purchase enough liability insurance to protect your assets. If the standard liability coverage in your homeowners policy is not sufficient, you may need an excess liability, or umbrella policy, which provides additional coverage over and above what is covered in your home (and auto) insurance policy.

## You, Your Dog ... and Your Neighbors

Dog owner friends tell us about the difficulty in finding a building that welcomes dogs. In contrast, London Terrace Towers has always happily put out the welcome mat to our four legged friends. For instance, did you know that (in the 30's and for several years running) there was an official London Terrace Dog Show held in the garden area? Our dog population has continued to grow as new dog owners move in and current residents have adopted a second dog.

As with anything else in life, sometimes there are bad parts to an overall good thing. Lately, the office has received an unprecedented number of complaints - not about the dogs but their owners!

- Have you seen one of your neighbors allowing their pet to hop up into our tree pits to relieve themselves?
- Have you seen one of your neighbors lead their pet directly to the walls and entrances of our building to relieve themselves?
- Have you seen one of your neighbors allow their pet to urinate directly in the center of the sidewalk or directly in front of the entrance to a commercial establishment?
- How about the owner who doesn't use a leash on their dog while in the building?
- Have you seen your neighbor bring their pet (this includes cats!) to the laundry room?
- And, of course, there are the usual "not picking up" reports.

With more children living in the buildings, concerned parents worry about tracking "residue" into their homes from the street where their children crawl. This winter, frozen dog urine was responsible for a rather serious fall.

Those who are offended by these behaviors - out of frustration - have recommended a "pet moratorium" on new dogs and a limit to the numbers/size of dogs allowed per residence. These seem like extreme measures when there are other ways to help reduce the problem.

What can we do? If you witness any of these things - particularly when walking your own dog - try an empathetic appeal to the dog owner. Recognize that their pet has been cooped up all day, that the street/sidewalk is the only option for most owners and that looking for the "perfect spot" is probably one of the only outdoor activities the dog has! Just kindly suggest that the walls of our building or the sidewalk in front of the entrance to our home is not the spot to pick. Ask the owner (politely) to direct their pet closer to the curb.

Sometimes the "offender" isn't even the dog's owner but a hired walker. This should be reported to the office so that the owner can be advised. It has been suggested that identified dog walkers who don't clean up after the pets in their charge not be allowed access to our buildings.

We want your ideas on how to make this situation better. Call the management office (212-675-2000), send a FAX (675-3614) or e-mail your ideas to the Management Office ([heather.johnson@elli-manpm.com](mailto:heather.johnson@elli-manpm.com)).

In the meantime, if you recognized yourself in the description above, continue to be good to your beloved pet but please try to be better to your neighbors and your building.

\*This article first appeared in our March 2000 issue and has been updated here.

# The greening of London Terrace Towers

## Laundry:

- Use cold water whenever possible. If you must use warm/hot water for the wash cycle, always use a cold water rinse. Wash and dry only full loads. Avoid oversudsing. Select the correct drying time. Clean the dryer filter each time to maintain airflow and maximize efficiency.

## Bathroom:

- Wasting water wastes electricity. About 75 percent of the water we use in our homes is used in the bathroom. Unless you have a low flush toilet, for example, you use about five gallons to seven gallons of water with every flush! A leaky toilet can waste more than 10,000 gallons of water a year. Report any leak to the management office right away.
- Take a shower instead of a bath as you'll heat about half as much water. But take short showers! Turn off the faucet while you shave or brush your teeth. You will save thousands of gallons of water a year! Believe it or not, towel drying your hair first before using your hairdryer will save energy!

## Last note:

### Think About What Your Family Buys.

- If you buy things that can be used over and over instead of buying disposable items that are used once and then thrown away, you will save precious natural resources. You'll also save energy used to make them and reduce the amount of landfill space we need when they are thrown away.
- When you go shopping, think about taking bags (or your canvas LLBean tote!) with you. Only about 700 paper bags can be made from one 15-year-old tree. Plastic bags start out as either oil or natural gas, nonrenewable resources. If plastic and paper bags are used once and go to landfills, they stay there for hundreds of years.

## Klee

It's official! The frontier of fine dining has moved to our neighborhood. One such epicurean outpost is Klee (clover in German and is pronounced clay) Brasserie - a place to dine, drink and relax.

Austrian chef Daniel Angerer has impressive culinary credentials and his menu reflects the work of a chef who has learned and developed through the years. Daniel, lastly of the well received Fresh where he was known for his exceptional ingredients and use of spices, has worked at many highly regarded restaurants and with some of the most respected chefs in both Europe and America: Alberg Hospiz Hotel in Austria; Chiberta and Robuchon in Paris; and, Jean Georges and David Bouley in New York. Now Daniel has branched out with fiancée Lori Mason to make their personal stamp on NYC's culinary world.

At Klee, Angerer presents a menu that is classically conceived yet surprisingly original. Daniel operates in a cooking style known as "Cuisine Vitale." Among its characteristics, Cuisine Vitale relies on fresh herbs and reductions for seasoning, and uses extra virgin olive oil rather than butter or cream. Signature dishes include: Char-tartar with lime, and golden beet caviar; Halibut (from Nova Scotia) encrusted with pine nuts, in a tomato basil and lemongrass broth; and Swordfish steak (from Rhode Island) barbecued, with creamed chard, and crispy speck.

The restaurant's design combines both Austrian and American influences. Designed by architect Garrett Singer, your eyes are immediately drawn to the back wall which displays a stunning glass mosaic with a playful organic design resembling an olive orchard. To the left is the kitchen with its visible blazing fire from the Chef's pride - a Wood Stone oven. The centerpiece of the restaurant is its freestanding bar (crafted from rare underwater maple and inlaid with a glass tile mosaic) for drinks or dining.

**Klee: 200 Ninth Avenue (between 22nd and 23rd Streets), 212-633-8033**

**Dinner: Sunday - Wednesday from 5:30 - 11PM**

**Thursday - Saturday from 5:30 - Midnight**

**Lunch/Brunch: Thursday to Sunday 12 - 3PM**

**Reservations recommended**



## Sauce

No matter how you like it, Sauce will get it to you. Owners Sally, Helen and Eddie have made Sauce a relaxing atmosphere offering a global new American menu with an emphasis on healthy simple ingredients. Seared tuna with cashews and scallions, avocado and cilantro pesto crostinis and skate with polenta and wild mushroom corn succotash are just a few examples of this. Small plates are available for those wishing to share and taste several different dishes in tapas style.



An interesting cheese menu is available to enjoy with their extensive wine-by-the-glass list or port at the bar...a perfect winter evening date.

To make things more attractive, Sauce is now offering a \$28 three course prix fixe menu from Sunday through Wednesday. They also serve a wonderful weekend brunch for \$12, inclusive of coffee or tea and a brunch cocktail.

The setting, while relaxing, is certainly swanky. Contemporary red banquettes share the space with an old wooden back bar and solid marble countertop. By the way, the bar is landmarked as it served as a speakeasy during prohibition. The back dining room is the perfect space for any event where a special menu can be created for a cocktail party or dinner party.

**Sauce: 202 Ninth Avenue, 212-414-4988**

**Free delivery is available. Reservations accepted.**

**Dinner: Sunday to Wednesday 5 to 11; Thursday to Saturday 5 to 12**

**Brunch: Saturday and Sunday 11 to 4.**



## LondonTerraceTowersHealthClub

### Ten Diet and Exercise Myths - Busted! | Wing Kee Kwok, A. F. P. A.

**As we pound the treadmills, deny ourselves dessert and snack on baby carrots instead of a candy bar in an attempt to lose weight, bear in mind that everything you think you know about weight loss and exercise isn't necessarily true.**

**1. Crunches will get rid of your belly fat. FALSE.** You can't pick and choose areas where you'd like to burn fat. In order to burn fat, you should create a workout that includes both cardiovascular and strength training elements. This will decrease your overall body fat content.

**2. Stretching before exercise is crucial. FALSE.** Some studies have suggested that stretching actually increases muscles' susceptibility to injury. They claim that by stretching, muscle fibers are lengthened and destabilized, making them less prepared for the strain placed upon them by exercise. You might want to warm-up and stretch before a run, but if you are lifting weights, wait until after the workout to stretch the muscles.

**3. You should never eat before a workout. FALSE.** "Fuel" coming from food and fluids is required to provide the energy for your muscles to work efficiently even if you are doing an early morning workout. Consider eating a small meal or snack one to three hours prior to exercise. Load up your tank with premium "fuel" and choose some fruit, yogurt or whole wheat toast.

**4. Lifting weights will make women bulky. FALSE.** Most women's bodies do not produce nearly enough testosterone to become "bulky." If you find yourself getting bigger, use less weight and do more repetitions.

**5. Fat is bad for you, no matter what kind. FALSE.** Contrary to popular belief, there are plenty of "good fats" that are essential to promoting good health and aid in disease prevention. They are the ones that occur naturally in foods like avocados, nuts and fish, as opposed to

those that are manufactured. Including small amounts of these foods at meal times can help you to feel full longer and therefore eat less.

**6. Restricting calories is the best way to lose weight. FALSE.** Both cutting back on calories and moving more will help you lose weight and maintain the lean muscle mass needed to boost metabolism. Drastic measures rarely equal lasting results. Start small and eliminate 100 to 300 calories consistently from your daily diet and you will reap the reward.

**7. As long as you eat healthy foods, you can eat as much as you want. FALSE.** A calorie is a calorie is a calorie! Although oatmeal is healthy, if you have four cups of oatmeal, the calories add up. Healthy or otherwise, you still must be aware of portion sizes.

**8. Exercise turns fat into muscle. FALSE.** Fat and muscle tissue are composed of two entirely different types of cells. While you can lose one and replace it with another, the two never "convert" into different forms.

**9. Eating late at night will make you gain weight. FALSE.** There are no "magic hours." We associate late night eating with weight gain because we usually consume more calories at night. We do this because we usually deprive our bodies of adequate calories the first half of the day. Start the day out with breakfast and eat every three to four hours. Keep lunch the same size as dinner, and you will be less likely to overindulge at night.

**10. You must sweat to have a good workout. FALSE.** Sweating is not necessarily an indicator of exertion. Sweating is your body's way of cooling itself. It is possible to burn a significant number of calories without breaking a sweat. Try taking a walk, doing some light weight training or working out in a swimming pool.

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Gym Hours: Monday through Friday: 6:00am - 10pm, Saturday & Sunday: 8am - 8pm. Pool Hours: (closed Wednesdays) Monday, Tuesday, Thursday, Friday: 6:30am - 10 pm, Saturday & Sunday: 9am - 6:45pm.

### New Health Club Manager | Cara Hogue

When Harryette Wright made the decision to relocate back to her beloved Texas, an extensive search went on for a new Health Club Manager. We are pleased to announce that Cara Hogue joined us at the Health Club as Manager.

Cara has an extensive background in fitness, club management and nutrition. Cara owned and operated Perfect Fit from 1990 through 1998, was corporate director of nutrition and personal training for Eastern Athletic Clubs (six club locations) until 2004 and, most recently established herself as a lifestyle, health care and nutrition consultant. As such, Cara conducts corporate seminars, designs master classes and has made multiple appearances as an expert in these fields on both television and radio. Please make her feel welcome at LTT!

