

JOHNS HOPKINS AT KESWICK

CAMPUS NEWSLETTER

MARCH 2018



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HAPPENINGS



SUNDAY, MARCH 11th

Daylight Saving Time Begins

Daylight Saving Time officially begins on Sunday, March 11th at 2:00am when clocks will skip forward an hour.

The first time Daylight Saving was implemented occurred in Germany in 1916 as a way to conserve coal usage during WWI. It is a long lived myth that it was created to benefit farmers. Most in the agriculture industry are actually opposed to it as it disrupts their carefully orchestrated schedule. Today, Daylight Saving Time is a popular means to conserve energy. If the summer sun lasts longer into the evening, there is an hour less of darkness that will need to be lit, cooled, or heated. Although losing an hour can have negative effects on your health if you do not properly prepare. Keep reading to learn more!

SATURDAY, MARCH 17th

St. Patrick's Day

On a day celebrated by millions all over the world, the most well known celebration is the New York City Saint Patrick's Day Parade.

The parade is a 2.1 mile route down 5th Avenue between 44th Street and 79th Street. It includes over 250,000 marchers, 150 bands, and 2 million spectators. The Grand Marshall this year is the co-founder of Glucksman Ireland House at NYU and Chair Emeritus of the American Ireland Fund, Loretta Brennan Glucksman. She will lead the parade from Midtown near Bryant Park to the Upper East Side beginning at 11:00am. It is set to be televised on NBC.



TUESDAY, MARCH 20th

First Day of Spring

To some, this day means it's time to purchase a new bottle of Zyrtec.

To others, it means Rita's Italian Ice is finally open. But to most, it means we can start saying "SAYONARA" to sweater weather!

Click on the following links to see what's happening in the city this spring:

[Downtown Baltimore](#) • [Visit Baltimore](#) • [Harbor East](#) • [Live Baltimore](#)



SUNDAY, MARCH 25th

Orioles Season Home Opener

The Baltimore Orioles are ready for the 2018 Season – Are you?

On Sunday, March 25th, the Orioles will play against the Twins to open the season at Camden Yards. Download the Official Oriole Park at Camden Yards Baseball app to get the best gameday experience! The MLB Ballpark app perfectly complements and personalizes your trip to Oriole Park with digital ticketing, mobile check-in, social media, offers, rewards and exclusive content including seat & experience upgrades. The app includes interactive concourse maps, directories and concession menus. You can even find out your favorite player and ballpark entrance music with the ability to purchase the songs from iTunes. Search "MLB Ballpark" in the App Store to download.



PREPARE TO SPRING FORWARD



While longer days, full of sun are much welcomed, losing an hour of sleep can be difficult and have negative effects if not careful. Studies show there are more traffic accidents, heart attacks and strokes immediately after the time change; which is why it is important to be proactive in helping your body adjust to the change. Below are some tips to try as we look forward to the long summer nights ahead:

1. Control your exposure to artificial light as it can suppress your body's melatonin levels as well as affect your sleep, thermoregulation and blood pressure.
2. Leading up to Daylight Saving Time, wake up and go to bed a few minutes earlier each day to ensure you get enough sleep.
3. Limit the amount of screen time in the evenings. Put away your phone at least an hour before bed is a good start.
4. Cut back on caffeine and alcohol as it can take up to six hours for some of the effects to wear off.
5. Exercise early in the day. Changes in body temperature can promote a better circadian rhythm.

KESWICK CAFÉ

It's time to spring into Spring with Aramark's new and exciting menu options! Enjoy the Action Stations this month featuring a Wing Bar, Pasta Bar, and Top Your Own Pizza Bar.

Are you looking for a healthier way to help with March Madness cravings? Check out the salad bar for some tasty Buffalo Cauliflower Bites. Then, swing past the grill for Portabella Mushroom Tacos!

If you're in a hurry be sure and grab one of the ready made Salad Entrees located near the Soup Station.

Don't forget to grab a sweet treat on your way out! A Crave Worthy cookie is sure to satisfy your sweet tooth.



BLOOD DRIVE



Together, we can save a life

Please schedule your life saving donation today! Visit www.redcrossblood.org and use sponsor code: johnshopkinskeswick

TUESDAY, MARCH 20TH, 2018

IN CLASSROOM A&B

9:00AM – 2:30PM

BUILDING NOTES

- For any employees working after hours, please contact the Management Office in advance to schedule overtime HVAC.
- The monthly janitorial schedule is sent along with the newsletter each month. Please keep an eye out so you know when vacuuming and deskside trash service will be completed in your suite.
- Space heaters are strictly prohibited without authorization from Occupational Health.
- Please report areas of hot/cold to your tenant rep who can enter a work order for engineering to review and address.