



Tampa City Center Newsletter

201 North Franklin Street • Tampa, FL 33602

www.TampaCityCenter.com

November 2019

PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890

All emails: first.name.last
name@cushwake.com

Natalie Stoughton, Sr. Property Mgr
Deborah Scott, Property Manager
Abby Phillips, Property Administrator
Kevin Norton, Chief Engineer
Seymour Phillips, Asst. Chief Eng.
Charles Hudnall, Lead Engineer
Robert Shim, Engineer
Chris Rogers, Engineer
Gerald Michaels, Engineer
Ken Adams, Maintenance Tech

LEASING TEAM

(813) 223-6300, Suite 3300

Mercedes Angell
Barry Oaks
Lauren Coup



Thanksgiving Celebration Basket

Be sure to stop by the Security Desk between November 13th-20th and enter to win our "Thanksgiving Celebration Basket" filled with goodies to make your holiday brighter.

Book Fair in Lobby

Don't miss our holiday Book Fair on November 7th & 8th from 10am to 3pm in the Lobby for great savings on books and other holiday gifts! A percentage of the proceeds will be donated to Metropolitan Ministries.



Driver's License Booth

Tuesday, November 19th
9:00am to 3:00pm
1st Floor Lobby



Coming to Downtown Tampa

From November 11th-15th, Tampa City Center will be hosting the **TSA PreCheck Mobile Event** located on Jackson Street. You can pre-register for an appointment by visiting <https://www.identogo.com/precheck>.



Metropolitan Ministries Food Drive

To show our thanks for what they bring to our community, we are collecting nonperishable food items for the Metropolitan Ministries food bank. Collection barrels will be in the Lobby from November 5th-26th.

Tenant Anniversaries

iConstructors	2 Year
CliftonLarsonAllen, LLP	4 Years
FieldCore	7 Years
HNTB	11 Years



At TCC in November

Mon/Wed	Yoga 12:30 p.m.
Tuesdays	Meditation Class
Nov. 5-26	Metro Min Food Drive
Nov. 7 & 8	Book Fair
Nov. 8 & 22	Chair Massage
Nov. 11	Veterans Day
Nov. 11-15	TSA Pre-check
Nov. 13-20	Basket Drawing
Nov. 19	Driver's License Booth



Building Amenities

Concierge Services

- Conference-Room Reservations
- Movie-Ticket Sales
- Notary Services
- USPS-Stamp Sales
- Umbrella Checkout

Dining (all 813 area code)

- Oasis Deli, 2nd FL, 223.3305
- Onaroll Sushi, 101-C, 400.1100
- Starbucks, Hilton Hotel across pedestrian bridge on 2
- 211 Restaurant & Lounge, Hilton

Other Services

- Building Conference Rooms in Suite 225 and Suite 2870
- Unlock Tampa Bay Store, Lobby
- Florida Wellness Medical Group, 101-A, 229.2225
- Smile Design Dental, 101-E, 225.1204
- University Club, 38th FL, 223.3737
- Tampa Legal Copies, 228.6200
- Shoe Repair, Reina Shoe Repair, 228.8487
- Auto Detailing - 226.0654
- YMCA (10% discount)
- Franklin Street Cleaners & Alterations 225.5600



September Basket Winner

Congratulations to Samantha Castrone of Morgan & Morgan! Our Fall Leaves Me Happy Basket Winner!



Notary Services

Please be reminded that property management offers notary services for our tenants at no charge. Please call in advance to ensure that someone will be able to immediately assist you at 813-223-4525 and ask for Dave.



Plan a Healthy Feast

You don't need to feel as stuffed as the holiday bird after your Thanksgiving dinner. There are simple ways to lighten up the traditional meal and even add nutritional value without sacrificing taste. Try some of the following ideas when preparing your feast this year.

Better baked goods. Swap white flour for whole-wheat flour to create healthier homemade bread and rolls. Replace oil with applesauce in muffins and cakes.

Slimmer stuffing. Lighten up your stuffing by replacing a portion of the

Daylight Saving Ends

Set your clocks back one hour on Sunday, November 3rd, when daylight saving time ends.



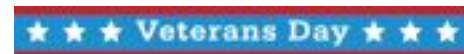
Donations for Hurricane Victims in Bahamas

Our collection for Hurricane Dorian victims was a great success. Thank you to everyone for your support and donations. If you would like to still help with a monetary donation please visit <http://www.redcross.org>

bread cubes with chopped onions, carrots, parsnips or apples.

Potato mashup. Try switching to skim milk and using fat-free sour cream. Replacing half of the potatoes with mashed cauliflower will cut calories and add nutrients.

Simple sweet potatoes. Instead of making a sweet potato casserole, bake the potatoes whole, then scoop out the cooked potato and flavor with a little sautéed garlic.



For All of Our Veterans

It takes courage for a soldier to risk life and limb for his country. The least we civilians can do is to honor these heroes. That is the basis of the Veterans Day celebration—to venerate these great men and women with words of appreciation.





Health Corner - Wrist Flex and Extend

Stretch your wrists to help avoid Carpal Tunnel

- Hold your arm straight out in front of you, wrist and hand straight, palm of your hand facing down.
- Bend your wrist down so your fingers point toward the floor.
- Use your other hand to increase the stretch, gently pulling the fingers toward your body.
- Hold for 15-30 seconds.
- Return to a straight, neutral wrist with palm facing down.
- Bend your wrist up so your fingertips point toward the ceiling.
- Use your other hand to gently pull your fingers back toward you.
- Repeat 10 times.
- Do this up to three times a day.



To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.



Becoming an Ecotarian

Ecotarianism is the principle or practice of avoiding any foods whose production or transportation are considered ecologically damaging.

Ecotarians can be meat-eaters, vegetarians or vegans. It is for anybody who is concerned to eat food with the lowest possible carbon footprint. Essentially, you're looking for the food items with the lowest energy inputs and the greatest efficiencies in production.

For example, forgo meat from ruminants, particularly cows, in favor of pig and poultry that has a lower environmental impact. You can also cut your intake of sweets by 50% and eat dark chocolate rather than milk chocolate as sugar refining uses huge amounts of energy.

Ecotarians also keep frozen products to a minimum since half of all supermarket's trucks are now temperature-controlled in order to move these products around the country, creating a huge greenhouse-gas burden.

Thanksgiving Trivia

Did you Know? Benjamin Franklin argued that the Turkey should be our National Bird. He stated that it was more respectable and a native of North America.



Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."
—Eleanor Roosevelt

"The only way to have a friend is to be one."
—Ralph Waldo Emerson

"There's nothing like a really loyal, dependable, good friend. Nothing."
—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."
—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."
—Ed Cunningham

"A single rose can be my garden ... a single friend, my world."
—Leo Buscaglia

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."
—Arnold H. Glasow

"I would rather walk with a friend in the dark, than alone in the light."
—Helen Keller

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."
—Bernard Meltzer

"Awards become corroded; friends gather no dust."
—Jesse Owens

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>NOVEMBER</h1> 					1 Boris Lebedinsky Classical Guitar	2
3  DAWNLIGHT SAVING TIME ENDS	4 *Yoga 12:30pm Suite 1840 *Joe Lombardo Piano	5 *Meditation 12:30pm-1:15pm Ste 1840 *MM Food Drive Starts	6 Yoga 12:30pm Suite 1840	7 Book Fair Lobby 10am-3pm	8 *Chair Massages 10:30am-3:30pm Suite 1840 *Ken Haelsig Piano *Book Fair Lobby 10am-3pm	9
10	Veterans Day 11 *Yoga 12:30pm *Cynthia Creel Piano *TSA PreCheck Event Begins	12 *Andrei Cheine Piano *Meditation 12:30pm-1:15pm Ste 1840	13 *Yoga 12:30pm Suite 1840 *Basket Drawing Begins	14	15 *Lorna Anderson Piano *TSA PreCheck Event Ends	16 
17	18 *Yoga 12:30pm Suite 1840 *Boris Lebedinsky Classical Guitar	19 *Driver's License Booth Lobby 9am-3pm *Meditation 12:30pm-1:15pm Ste 1840	20 *Yoga 12:30pm Suite 1840 *Basket Drawing Ends	21	22 *Andrei Cheine Piano *Chair Massages 10:30am-3:30pm Suite 1840	23
24 	25 *Yoga 12:30pm Suite 1840 *Ken Haelsig Piano	26 *Cynthia Creel Piano *Meditation 12:30pm-1:15pm Ste 1840 *MM Food Drive Ends	27 Yoga 12:30pm Suite 1840	28 HAPPY Thanksgiving	29	30



LOCAL events
explore | go | enjoy

November 2019

Nov. 5-10
"Fiddler on the Roof"
Straz Center for the Performing Arts
www.StrazCenter.org

Nov. 8
Dane Cook
The Mahaffey Theater
St. Petersburg
www.TheMahaffey.com

Nov. 14-March 15, 2020
"Making of a Museum:
100 Years, 100 Works"
Tampa Museum of Art
www.TampaMuseum.org

Nov. 20-Dec. 22
"Silent Sky"
Raymond James Theatre
St. Petersburg
www.AmericanStage.org

Nov. 24
Ariana Grande
Amalie Arena
www.AmalieArena.com

Nov. 27
Tampa Bay Lightning vs.
St. Louis Blues
Amalie Arena
www.NHL.com/lightning

Tampa

Events, dates and venues are subject to change.