



Tampa City Center Newsletter

201 North Franklin Street • Tampa, FL 33602
www.TampaCityCenter.com

January 2020

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



Super Bowl Basket

Super Bowl 50 is just around the corner and the hype for this year's matchup is only growing. We have the perfect basket to entertain your guests. Please be sure to check it out at the Security Desk on the 2nd Floor January 15-22.



Storage Units Available

The available units are 180 square feet. For additional info, contact Deb Scott at 813-223-5008 or deborah.scott@cushwake.com

Chair Massage

Due to popular demand, the Corporate Massage will be on site three times per month. You can book by emailing stacey@corporatemassagetampa.com.

Do the Local Motion! 1st & 3rd Friday at Noon Esplanade

Do the Local Motion are guided walking tours of downtown Tampa. Tours are free; however, a suggested donation of \$5 is appreciated to help feed a hungry child in our community. 100% of the proceeds directly benefits programs of **Where Love Grows**.

Please check the website www.wherelovegrows.com for updated schedules.

Holiday Breakfast

Thank you for sharing our Holiday Breakfast with us. We hope that you enjoyed it as much as we did and look forward to next year.



Tenant Anniversaries

Spencer Fane	1 Year
Deloitte	4 Years
CDW	5 Years
Butler Boyd	8 Years
Morgan & Morgan	13 Years
University Club	38 Years

At TCC in January

Mon & Wed	Yoga 12:30 pm
Jan. 9 & 23	Meditation
Jan. 3,17,31	Chair Massages
Jan. 15-22	Basket Drawing
Jan. 20	MLK Jr. Day
Jan. 21	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



November Basket Winner

Congratulations to Krista Hall with Bryant Miller & Olive on winning the November basket!

Famous Firsts: MLK Jr. Day

The first Martin Luther King Jr. Day federal holiday was observed on January 20, 1986. In 1968, they began to establish a nationwide commemoration of the January 15 birthday of the American civil rights leader.

A famous quote from Martin Luther King Jr.:

“Darkness cannot drive out darkness; only light can do that. Hate

cannot drive out hate; only love can do that.”



Loading Dock Safety

With safety being a major concern, we request for people to refrain from walking through the middle of the street or being dropped off in the loading dock. The loading dock remains a busy thoroughfare for deliveries throughout the day with trucks and cars moving throughout. In the event a person is wearing headphones and/or looking at their phone, they may not hear or see a car or truck. We appreciate your cooperation, thank you.

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people.

Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can improve mental and physical health.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.





Urban Hydroponic Gardeners

The safety of our food supply continues to concern many of us as we seek out organic solutions at affordable prices. However, space is at a premium in urban environments, and few of us have the luxury of being able to create expansive gardens. Hydroponic gardening may be the ideal solution that allows us to enjoy fresh, healthy produce and lush flowers whenever we want whether we are novice or experienced gardeners without the need for a major space investment.

Hydroponic gardening is a system that allows plants to be grown without soil. Instead, they absorb nutrients through their roots in water, sand, gravel or air. This allows the plants to grow more efficiently, which translates into faster growth. Because no soil is needed, gardeners can get more use out of even the smallest spaces, making hydroponic gardening a great choice for apartment dwellers and those in densely populated urban environments as well as those who simply want to get the most out of their gardening efforts.

More gardeners are discovering how easy and beneficial it is to get started with hydroponic growing techniques. Many pests live in the soil, which gives them easy access to plants, but when there is no soil, there is also no risk of insects, soil-borne diseases or even weeds. Plants will be healthier, and even though the garden may be small, that healthier environment can ensure greater productivity.

Whether you have made the decision to live a healthier lifestyle with home-grown produce or you simply want to try a new way to garden, hydroponic gardening may be right for you. A hydroponic garden can be created on the balcony of your apartment or in a corner of your kitchen and can provide you with fresh, juicy tomatoes, crisp lettuce and colorful peppers all year round. You can avoid the inconvenience of weeding and hoeing and have more control over what does and does not go into the foods you eat. The system can be completely automated and can be used in homes or greenhouses.

By: <http://feelfriendly.com>

Gasparilla Children's Parade

January 18

1:30pm-6:00pm

Celebrate another Gasparilla season kick off in Tampa Bay at this alcohol-free event!

A Quote for the New Year

A New Year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Happy New Year!

Gasparilla Invasion

January 25

11:30am

Be a witness to the world's only fully-rigged pirate ship and the legendary pirate, Jose Gasparilla, as he and his crew sail in from the south end of Hillsborough Bay!

Parade of Pirates Day Parade

January 25

2:00pm-5:30pm

The Gasparilla Parade of the Pirates: 4.5 Miles, 103+ floats, 5 marching bands, 50+ distinct Krewes and, of course, the scandalous Ye Mystic Krewe of Gasparilla pirates!

Wit & Wisdom

"The way we spend our time defines who we are."

—Jonathan Estrin

"You can't make up for lost time. You can only do better in the future."

—Ashley Ormon

"There's only one thing more precious than our time, and that's who we spend it on."

—Leo Christopher

"All we have to decide is what to do with the time that is given us."

—J.R.R. Tolkien

"They always say that time changes things, but you actually have to change them yourself."

—Andy Warhol

"You can't have a better tomorrow if you are thinking about yesterday all the time."

—Charles F. Kettering

"There's never enough time to do all the nothing you want."

—Bill Watterson

"Watches are so named as a reminder—if you don't watch carefully what you do with your time, it will slip away from you."

—Terri Guillemets



"If you love life, don't waste time, for time is what life is made up of."

—Bruce Lee

"Time, which changes people, does not alter the image we have of them."

—Marcel Proust

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 Yoga 12:30pm Suite 1840	2	Chair Massages 10:30am-3:30pm Suite 1840	4
5	Yoga 12:30pm Suite 1840	6	Yoga 12:30pm Suite 1840	Meditation 12:00pm-12:45pm Ste 1840		11
12	Yoga 12:30pm Suite 1840	13	*Yoga 12:30pm Suite 1840 *Basket Drawing Begins	16	Chair Massages 10:30am-3:30pm Suite 1840	18
19	Martin Luther King Jr. Day Yoga 12:30pm Suite 1840	20	Driver's License Booth	*Yoga 12:30pm Suite 1840 *Basket Drawing Ends	Meditation 12:00pm-12:45pm Ste 1840	25
26	Yoga 12:30pm Suite 1840	27	28	Yoga 12:30pm Suite 1840	Chair Massages 10:30am-3:30pm Suite 1840	31



LOCAL events
explore | go | enjoy

January 2020

Through Jan. 26
 “Sacred Diagrams:
 Haitian Vodou Flags”
 Tampa Museum of Art
www.TampaMuseum.org

Jan. 3-5
 “Jurassic World Live!”
 Amalie Arena
www.AmalieArena.com

Jan. 9
 Tampa Bay Lightning vs.
 Arizona Coyotes
 Amalie Arena
www.NHL.com/lightning

Jan. 15-Feb. 9
 “A Midsummer Night’s Dream”
 Straz Center for the Performing Arts
www.StrazCenter.org

Jan. 22-Feb. 23
 “Skeleton Crew”
 Raymond James Theatre
 St. Petersburg
www.AmericanStage.org

Jan. 25
 “Seven Things I’ve Learned:
 An Evening With Ira Glass”
 Duke Energy Center for the Arts
 St. Petersburg
www.TheMahaffey.com

Events, dates and venues are subject to change.