



# Tampa City Center Newsletter

201 North Franklin Street • Tampa, FL 33602

[www.TampaCityCenter.com](http://www.TampaCityCenter.com)



**September 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



### **Congratulations, Natalie**

Congratulations to Natalie Stoughton, TCC's Sr. Property Manager, her husband, Brian, and big sister, Caelyn, on the birth of son Connor on June 29th weighing in at 7 lb., 8 oz. Wishing the family all the best on their new bundle of joy.

### **TCC 2nd Floor Restrooms**

We wanted to make all tenants aware that the 2nd Floor Restrooms are now equipped with a punch lock in order to reserve the restrooms for the use of the 1st & 2nd floor tenants, as well as preventing transient use. Please ask that your employees and guests use the restrooms on the floor that your suite is on. Thank you.

### **Tenant Handbook Is Now Live**

We are excited to announce that our Tampa City Center Handbook is now available online at <https://tampacitycenterhandbook.com>. Tenants can easily find information about building resources, amenities and services. You can also download our new Tenant Center app to sign up for notifications pertaining to updates in policies and news alerts for our area, like weather and traffic conditions. Just go to the TECH tab, then click on "Tenant Center" to register and download the app.

We encourage all primary tenant contacts to register this month to be automatically entered in a drawing on September 30th for a \$100 gift card. Good luck!



### **Fall Basket**

Are You Ready for Cooler Weather? Enter the drawing to win the "Fall Leaves Me Happy Basket" from September 18-25th at Security.

### **Tenant Anniversaries**

Bryant Miller & Olive ..... 16 Yrs  
Macfarlane Ferguson ..... 15 Yrs  
Onaroll Sushi ..... 7 Yrs  
Visit Tampa Bay ..... 2 Yrs



### **What's Happening at TCC**

|                   |                  |
|-------------------|------------------|
| Mon/Wed           | Yoga 12:30pm     |
| Sept. 3rd & 17th  | Meditation       |
| Sept. 18th-25th   | Basket Drawing   |
| Sept. 13th & 27th | Chair Massages   |
| Sept. 30th        | Handbook Drawing |



## 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



## Shifting Skills - What AI and Automation Mean for Support

Free presentation about the impact of Artificial Intelligence (AI) in the workplace.

Wednesday, Sept. 11th  
1:30 PM – 3:30 PM

Location: TECO Energy Inc.  
1898 Nuccio Parkway  
Tampa, FL 33605



The wildly successful sitcom "Friends" premiered on Sept. 22, 1994. The show ran for 10 seasons.

## 2-ingredient Healthy Cookies

### Ingredients:

- 2 large old/ripe bananas

- 1 cup of oats

(quick or regular - if using regular, chop them a little so everything holds together better)

- Optional: handful of chocolate chips, crushed walnut pieces, cinnamon or raisins



Mix the ingredients together. Since banana sizes can vary, you may need to change the amounts a bit. If it seems too runny, add in more oats.

**Cook them at 350 degrees for 15 minutes on a GREASED cookie sheet.** You can get up to 16 bite size cookies with those measurements.

For a fall twist use 1 cup of pureed pumpkin instead of bananas, then add pumpkin spice to taste. Enjoy!

## Fall Is Here

Autumn begins Monday, Sept. 23.



## July Basket Winner

Congratulations to Noelia Medina, of Freeborn & Peters! Our Patriotic Basket Winner.



## Healthy Office Snack Ideas

- **High Protein** – Jerky, Chickpeas, Almonds, Pistachios, Sunflower Seeds, String Cheese, Yogurt, Edamame, Lupini Beans, Hummus, Fresh Veggies.
- **Healthy Sugar High** – Berries, Bananas, Apples with nut butter, Frozen grapes, Dried fruit, Fruit Ice, Dark Chocolate (in small amounts).
- **High Energy** – Peanut Butter, Trail Mix, Popcorn (without butter), Hard-boiled eggs, Whole wheat crackers, Graham crackers, Veggie Chips, Tea, Snack Bars, Seaweed.
- **Make-Ahead** – Green smoothie, Energy Bites, Quinoa, Flax seed, Oatmeal, Guacamole, Avocado toast, Granola, Healthy cookies (see recipe on this page)



### Be Prepared With an Emergency Kit

National Preparedness Month in September is a time to ready yourself and those in your care for the unexpected. Take the first step by assembling a kit equipped with the supplies you might need in the event of a natural disaster or other emergency.

Keep your supplies in something that is easy to carry in case you must leave your home. Suggestions include a wheeled suitcase, a large plastic storage container or a couple of backpacks.

The Federal Emergency Management Agency recommends stocking these items in your emergency kit: nonperishable food, such as dried fruit, canned tuna or chicken, and peanut butter; bottled water; manual can opener; plates, utensils and wet wipes; first aid kit and toiletries; change of clothes; blanket; work gloves; multipurpose tool; matches; battery-powered radio, flashlight and extra batteries; whistle to signal for help; local map; cash; copies of insurance policies and identification; and paper and pencils.

Depending on your household members, you may need to include prescription medications, baby supplies, pet supplies, and books and games for children.

Make sure you have enough supplies for at least three days.

For more information on how to be prepared, visit [www.Ready.gov](http://www.Ready.gov).



### Eco-Friendly Grocery Shopping Ideas

There are so many decisions we make while shopping for groceries. With a little pre-planning though, it can become easier to make good choices for your family and for the environment.

You should try to avoid single-use plastic bags. There are multiple types of reusable bags to choose from instead (i.e. canvas bags or laminated bags). If you do happen to forget your reusable bags at home, make sure to collect your plastic bags and bring them back to the store. Most grocery stores have installed collection bins where these bags can be specially recycled. These bags cannot be put in your blue bin because it will mess up the equipment in a typical recycling facility. You can visit [plasticfilmrecycling.org](http://plasticfilmrecycling.org) for more info and a directory of drop-off locations.

When you are planning your meals, consider what produce will be in season. Seasonal foods tend to cost less because they require less energy to grow. Needing less energy also means that they are better for the environment.

Buy what you need or buy in bulk. To cut down on food waste plan your meals ahead of time and make sure that you don't buy ingredients that you already have at home. This saves you money because less of your food will go to waste, helps you stay organized so that you can get through with your shopping faster, and keeps food waste out of the landfill.

### Wit & Wisdom

"When you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it."

—Theodore Roosevelt

"I don't know that there are any shortcuts to doing a good job."

—Sandra Day O'Connor

"Even though your time on the job is temporary, if you do a good enough job, your work there will last forever."

—Idowu Koyenikan

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."

—Harry S. Truman

"Good and productive labor is valuable, and it doesn't mean you have to have a fancy job description.

You don't have to become rich. You can be ordinary. Happiness lies there. Do good work, create good work for others."

—Jay Parini

"Nothing is particularly hard if you divide it into small jobs."

—Henry Ford

"I love argument, I love debate. I don't expect anyone just to sit there and agree with me—that's not their job."

—Margaret Thatcher

"Maturity: Be able to stick with a job until it is finished. Be able to bear an injustice without having to get even.

Be able to carry money without spending it. Do your duty without being supervised."

—Ann Landers

# September 2019

| Sunday | Monday   | Tuesday | Wednesday  | Thursday | Friday | Saturday |
|--------|--|---------|--|----------|--------|----------|
| 1      | Labor Day 2  | 3       | 4  | 5        | 6      | 7        |
| 8      | *Yoga 12:30pm<br>Suite 1840<br>*Cynthia Creel<br>Piano               | 9       | 10   | 11       | 12     | 13       |
| 15     | *Yoga 12:30pm<br>Suite 1840<br>*Boris Lebedinsky<br>Classical Guitar | 16      | 17   | 18       | 19     | 20       |
| 22     | *Yoga 12:30pm<br>Suite 1840<br>*Ken Haelsig<br>Piano                 | 23      | 24   | 25       | 26     | 27       |
| 29     | *Yoga 12:30pm<br>Suite 1840<br>*Handbook Drawing                     | 30      |  <h1>SEPTEMBER</h1>  |          |        |          |



**LOCAL events**  
explore | go | enjoy

## September 2019

**Through Sept. 29**  
**“Above the Fold”**  
 Museum of Fine Arts  
 St. Petersburg  
[www.MFAStPete.org](http://www.MFAStPete.org)

**Sept. 6**  
**Colin Mochrie Presents Hyprov:  
 Improv Under Hypnosis**  
 Duke Energy Center for the Arts  
 St. Petersburg  
[www.MahaffeyTheater.com](http://www.MahaffeyTheater.com)

**Sept. 6–29**  
**“Meteor Shower” by Steve Martin**  
 Straz Center for the Performing Arts  
[www.StrazCenter.org](http://www.StrazCenter.org)

**Sept. 14**  
**Yoga in the Wild**  
 Lowry Park Zoo  
[www.ZooTampa.org](http://www.ZooTampa.org)

**Sept. 22**  
**Tampa Bay Buccaneers vs.  
 New York Giants**  
 Raymond James Stadium  
[www.Buccaneers.com](http://www.Buccaneers.com)

**Sept. 26**  
**Phil Collins**  
 Amalie Arena  
[www.AmalieArena.com](http://www.AmalieArena.com)

Events, dates and venues are subject to change.