



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

## August 2023

### PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890  
All emails: first name.last name@cushwake.com

- Natalie Stoughton, General Manager
- Erica Delaney, Sr. Assistant Property Manager
- Patrick Verst, Property Administrator
- Seymour Phillips, Chief Engineer
- Joshua Coghill, Asst. Chief Engineer
- Robert Shim, Engineer
- Ken Adams, Operating Engineer
- Ricky Vega, Maintenance Tech
- Tyrese Darden, Maintenance Tech

### LEASING TEAM

(813) 223-6300, Suite 3300  
Barry Oaks  
Mercedes Angell

**BANYAN STREET**  
CAPITAL



### Thank You, Deb Scott

We are tremendously grateful for Deb Scott's four years of service at Tampa City Center. Deb will be transitioning into a part-time role with Cushman & Wakefield. While we are sad to see her leave Tampa City Center, we are excited about the extra time Deb will now have to travel the world with her husband. Thank you, Deb!

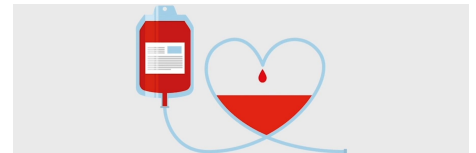


### National Dog Day Gift Basket

August 26th is National Dog Day. Enter for your chance to win this "fur-tastic" gift basket that your pup is sure to enjoy! Entries will be accepted August 16th-August 23rd.

### Weekly Yoga & Meditation

Thursdays  
12:30 - 1:30 p.m.  
Suite 2100



### Blood Drive

Tuesday, August 15th  
10 a.m. - 3 p.m.  
Jackson Street



### Posies Flower Truck

Thursday, August 10th  
12 - 2 p.m.  
Esplanade

### Chair Massages

Tuesday, August 22nd  
11 a.m. - 3 p.m.  
Suite 2100

### Tenant Anniversary

Cushman & Wakefield	41 yrs
U.S. Legal Support	28 yrs
EY	9 yrs



### Tampa City Center Happenings

Yoga & Meditation	Thursdays
Posies Flower Truck	August 10
Blood Drive	August 15
Basket Drawing Begins	August 16
Chair Massages	August 22
Basket Drawing Ends	August 23





### **Building Amenities**

#### **Concierge Services**

- Movie-Ticket Sales
- Notary Services (Security)
- USPS Stamp Sales
- Umbrella Checkout

#### **Dining (all 813 area code)**

- Blind Tiger, 202.540.2233
- OnARoll Sushi, 101-C, 400.1100
- Starbucks, Hilton Hotel across pedestrian bridge on 2
- 211 Restaurant & Lounge, Hilton

#### **Other Services**

- Building Conference Rooms in Ste. 225
- 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
- YMCA (10% discount)
- Franklin Street Cleaners & Alterations, 225.5600



### **Father's Day Gift Basket**

Congratulations go to Robert Clark with CLA on winning our Ybor Father's Day Gift Basket!

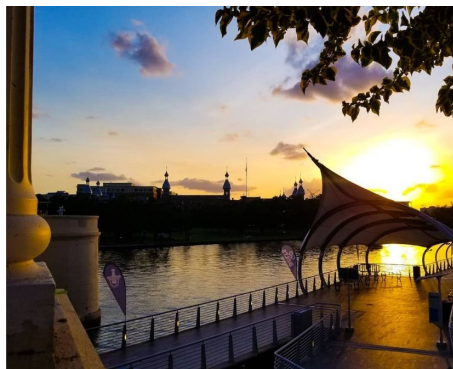


### **National Relaxation Day**

Take a break on National Relaxation Day and Visit Tampa Bay's Relaxation Market on August 15th from 11:30 a.m. to 1:30 p.m. in the Esplanade. Find out more information about a variety of different spas and spa services in the Tampa Bay area.

### **Armature Works Run Club**

Are you looking for some motivation to fit some weeknight cardio into your schedule? Meet up at Armature Works on the first and third Wednesday of each month at 6:30 p.m. to run a 5k along the Tampa Riverwalk with the Armature Works Run Club. Afterwards, enjoy 10% off drinks at BAR AW and meet new people. All ages and experience levels are welcome!



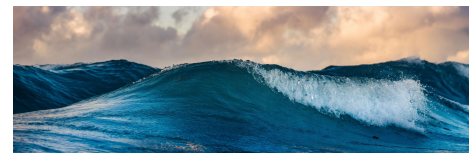
### **Floridan Palace Hotel**

The historic Floridan Palace Hotel, which opened in 1927, is undergoing a \$22.5 million renovation after joining Hilton's Tapestry Collection. The hotel recently announced two, new restaurant concepts: The Dan, and Cass Street Coffee Company with sweet bites from Local Mini Donut Co. Stop on by for a coffee or to grab lunch with a coworker at this iconic hotel that is designated on the U.S. National Register of Historic Places.



### **Disaster Preparedness Sales Tax Holiday**

Consumers can purchase qualifying disaster preparedness supplies exempt from tax during the 2023 Disaster Preparedness Sales Tax Holiday from August 26th through September 8th.



### **YMCA Corporate Membership**

The YMCA invites all tenants of Tampa City Center to become a corporate partner. As a corporate partner, the Downtown YMCA will provide your employees with a 10% discount on your membership. For more information, please contact Dirrell Ross at [Dirrell.Ross@TampaYMCA.org](mailto:Dirrell.Ross@TampaYMCA.org)



### Cutting Down on Waste

While cranking up that air conditioning may be very tempting during summers in Florida, here are some tips and tricks that you can integrate into your summer to help reduce your carbon footprint and overall waste:

- Cut down on food transportation costs and food transportation carbon emissions by purchasing produce from local markets, such as Meachum Urban Farm, the Tampa Bay Farmers' Market, the Ybor City Saturday Market or the monthly Hyde Park Fresh Market.
- Keep some reusable shopping bags in your car for those spontaneous shopping trips and store them in a convenient place so you don't forget to take them in the store with you.
- Purchase a solar charger for charging your phone and other small devices on the go.



### Monster Jam

Visit Amalie Arena on Saturday, August 19th, for the return of Grave Digger, ThunderROARus, Megalodon and more in action at Monster Jam. Visit [Monsterjam.com](http://Monsterjam.com) to purchase tickets.

### Bolts Brew Fest

Set foot into Amalie Arena to be greeted by a sea of more than 50 local, national and international breweries as you sample your way around hundreds of beer options on August 11th. To purchase tickets, go to [boltsbrewfest.com](http://boltsbrewfest.com)



### Tampa Theatre's Balcony to Backstage Tour

Have you ever wondered about some of the mechanics and logistics that go into operating the 97-year-old Tampa Theatre? On Tuesday, August 22nd, and Saturday, August 26th, the theatre will be offering backstage tours and demonstrations of the Mighty Wurlitzer Theatre Organ. To purchase tickets, visit [Tampatheatre.org](http://Tampatheatre.org).



### Loading Dock Parking Lot Safety

Safety is our top priority at Tampa City Center. When accessing the loading dock, please do not walk through the middle of the drive, behind vehicles, or in front of the loading bay doors. We ask that all pedestrians utilize the sidewalks to get through the loading dock parking area. If you are accessing the building, please enter through the 1st floor entrances located in Poe Plaza or on Jackson St. Thank you for continuing to do your part to help keep Tampa City Center a safe working environment.

### Wit & Wisdom

"My connection to the Earth is reinforced through the rhythm of the waves."  
—Mike Dolan

"Life is strong and fragile. It's a paradox ... It's a particle and a wave at the same time. It all exists all together."  
—Joan Jett

"If you want to enjoy good music, watch the faces of those who are listening to it, and try to compute the thousands of memories that never ride anything but sound waves."  
—Henry Stanley Haskins

"Life is a series of waves to be embraced and overcome."  
—Danny Meyer

"Meditation is like going to the bottom of the sea, where everything is calm and tranquil. On the surface there may be a multitude of waves, but the sea is not affected below."  
—Sri Chinmoy

"The boisterous sea of liberty is never without a wave."  
—Thomas Jefferson

"I pray to be like the ocean, with soft currents, maybe waves at times. More and more, I want the consistency rather than the highs and the lows."  
—Drew Barrymore

"Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves."  
—Thomas Clark Henley

"The winds and the waves are always on the side of the ablest navigators."  
—Edward Gibbon

## August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August		1	2	3 Yoga Suite 2100 12:30 - 1:30 PM	4	5
6	7	8	9	10 *Yoga Suite 2100 12:30 - 1:30 PM *Posies Flower Truck Esplanade 12 PM - 2 PM	11 	12
13	14 	15 Oneblood - Blood Drive Jackson Street 10 AM - 3 PM	16 Basket Drawing Begins	17 Yoga Suite 2100 12:30 - 1:30 PM	18	19
20	21	22 Chair Massages 11 AM - 3 PM Suite 2100	23 Basket Drawing Ends	24 Yoga Suite 2100 12:30 - 1:30 PM	25 	26
27	28	29	30	31 Yoga Suite 2100 12:30 - 1:30 PM		

# “This Month In History”

## AUGUST

**1901:** Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

**1911:** The “Mona Lisa” is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

**1936:** The Berlin Olympics open with 3,963 athletes. The “hero of the games,” African American Jesse Owens won four gold medals in track and field.

**1944:** The Forest Service authorizes Smokey Bear as the new face of fire prevention.

**1955:** A trusty source for wonderful, wacky and wild achievements, “The Guinness Book of Records” is published for the first time.

**1965:** “I Got You Babe” by Sonny & Cher hits No. 1. The duo’s signature song would stay there for three weeks.

**1978:** Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

**1981:** MTV shows its first music video, “Video Killed the Radio Star” by the Buggles.

**2006:** Pluto is demoted. The International Astronomical Union voted to change Pluto’s official label from ninth planet from the sun to dwarf planet.