



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

## June 2023

### PROPERTY MANAGEMENT

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

Natalie Stoughton, General Manager  
Deborah Scott, Property Manager  
Patrick Verst, Property Administrator  
Seymour Phillips, Chief Engineer  
Joshua Coghill, Asst. Chief Engineer  
Robert Shim, Engineer  
Rob Ruiz, Operating Engineer  
Bron Woods, Operating Engineer  
Ricky Vega, Maintenance Tech  
Tyrese Darden, Maintenance Tech

### LEASING TEAM

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

### Ybor Father's Day Gift Basket

Enter for your chance to win our Ybor Father's Day Gift Basket. Entries will be accepted at the security desk from June 7th to June 14th.

### Safety Warden Meeting

Please plan to have your company's safety wardens attend our annual active shooter safety training meeting in the second-floor conference room on June 14th at 11:30 AM. Lunch will be provided.



### Monaco Wellness

Join Dr. Monaco from Monaco Wellness on Friday, June 16th at 12 PM in suite 225 as he presents "Lifestyle as Medicine; Learning the Hard Way". Please RSVP via email to this free presentation at [info@monacowellness.org](mailto:info@monacowellness.org) no later than June 14.



### Ice Cream Social - Our Treat

Wednesday, June 7  
1 PM - 3 PM  
First Floor Lobby

### Posies Flower Truck

Thursday, June 8  
11 AM - 3 PM  
Esplanade

### OneBlood - Blood Drive

Tuesday, June 13  
10 AM - 3 PM  
Jackson Street

### Weekly Gentle Yoga & Meditation

We are excited to welcome back weekly gentle yoga and meditation every Thursday from 12:30 - 1:30 PM beginning June 1st in room 2100. Charges apply.



BANYAN STREET  
CAPITAL



### Tenant Anniversary

Tampa Legal Copies ..... 18 yrs  
Marshall Stevens ..... 11 yrs



### Tampa City Center Happenings

Yoga ..... Thursdays  
Basket Drawing Begins ..... June 7  
Ice Cream Social ..... June 7  
Posies Flower Truck ..... June 8  
Blood Drive ..... June 13  
Basket Drawing Ends ..... June 14  
Safety Warden Meeting ..... June 14  
Monaco Wellness ..... June 16  
Chair Massages ..... June 27



### **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



### **Clean Air 2023**

Tampa City Center was excited to host the Environmental Protection Commission of Hillsborough County's 22nd annual Clean Air Fair on May 4th. Thank you to all who attended. We hope everyone had a chance to take in the free music, plants, educational programs, and maybe even pet some critters that were brought in by the Florida Aquarium.



### **Earth Day Gift Basket Winner**

Congratulations to Jason LaBarbera with Kisinger Campo & Associates on winning our Earth Day Gift Basket!

### **Conference Room Reservations**

Please contact the Property Management Office at 813-223-5008 to inquire on availability to rent our second-floor conference room.

### **Chair Massages**

Do you need to de-stress from a busy work week? We're bringing chair massages to you as an amenity! Corporate Massage will be returning on Tuesday, June 27th, from 11 AM - 3 PM in suite 2100 for \$1 per minute.

### **Hurricane Season: Are You Ready?**

Hurricane Season begins June 1st and continues through November 30th. The U.S. Weather Bureau describes conditions by two (2) classifications, a *Watch* or a *Warning*. Prepare your home and your loved ones in advance for the weather conditions that will occur. Know what you may need to do to "run" from water or "hide" from wind by referring to your county's (where you reside) emergency management website. It will have details on evacuation zones, shelters, notification policies and

supplies lists for consideration so that you can be well prepared for a minimum of five days without water or electricity in the event of a hurricane.



### **Celebrating Dads Everywhere**

On June 18th, we recognize the contribution that fathers and father figures make to the lives of their children. Father's Day is the time to give thanks to dads, grandfathers and other special men in our lives and an opportunity to tell those special men how much we appreciate them.



### Ways Reduce Usage of AC

The Florida heat and humidity continue intensifying as we grow ever closer to summer. Here are some tips for keeping your home cool this summer in a way that is efficient for the environment and for your wallet:

- Set your thermostat just one degree above where it would normally be. It will help your AC run less frequently and use less power. Air conditioning power consumption increases a lot for every degree above the temperature outside, so these small changes will add up in the long run.
- Set your air conditioning on a schedule so that it runs only when it is needed and so that the temperature is set appropriately at all times.
- Your air conditioning will use less power if you clean your vents and filters regularly to prevent blockages in the airflow. Remember to also schedule regular maintenance visits by a service provider to maintain optimal performance and to extend your equipment's service life.
- HVAC components such as pipes, ducts and outlets can be some of the highest-priority spots for proper insulation. Ensure that these items as well as the walls of your home are properly insulated to prevent your air conditioning from working harder than it needs to.

### Kids and Canines Summer Camp

Do you have a youngster that LOVES dogs? Learning how to properly care for and train the family dog can be an enjoyable opportunity. Kids and Canines Summer Camp is there for your 9- to 14-year-old kids. The 5-day Camp runs from 9 AM – 3 PM and costs \$225 per week. This not-for-profit group in Thonotosassa also provides additional youth programming with dogs that are worth checking out. [Kidsandcanines.org](http://Kidsandcanines.org)



### Sunset Market

Grab a friend (or make a new one) by popping over on the first Thursday of each month from 6 to 10 p.m. to check out the Sunset Market at Mid Town. Live music, cocktails, specialty vendors and artists will be there to enjoy.

### Camp Imagination

Camp Imagination is for your little learners to imagine, discover and connect to the world around them. The camp has weekly themes - there's a camp for every kid to play with purpose and embrace curiosity this summer at Glazer Children's Museum! Camp will start June 5 - July 28 from 9 AM - 5 PM.

### Pride in Stride

Diversity and inclusion are in motion with the St. Pete Pride Parade on Saturday, June 24, 2023. You'll find an opportunity to step into one of the largest pride parades in the country. The parade brings members of the LGBTQ+ community and their allies to join in the event as well as musical artists and participating vendors in support of the community.

### Wit & Wisdom

"I wanted a summer filled with porch swings, lemonade and fireflies."

—Tiffany King

"It's not what happens to you, but how you handle it. If life gives you lemons, make lemonade. If the lemons are rotten, take out the seeds and plant them in order to grow new lemons."

—Louise Hay

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."

—Lori Longbotham

"In all my work, I try to say 'You may be given a load of sour lemons; why not try to make a dozen lemon meringue pies?'"

—Maya Angelou

"If I were really smart, I'd probably spend more time just sitting in the shade drinking lemonade."

—Brian Andreas

"If life wanted to hand me lemons, I was not only going to make lemonade, but I'd use the zest for cookies, plant seeds for future fruit and turn the rind into compost to grow flowers, all the while giving thanks for lemons."

—Bridgette Mongeon

"Fifty lemons are a load for one person, but for fifty persons they are perfume."

—Ethiopian proverb

"You can either see your life as filled with sour lemons that make your eyes water or filled with zest and energy of the refreshing juice that awakens your taste buds—how you see life is your choice."

—Tanja Christine Jaeger

## June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June</h1>				1 Yoga Suite 2100 12:30 - 1:30 PM	2	3
4	5	6	7 *Basket Drawing Begins *Ice Cream Social Lobby 1 - 3 PM	8 *Yoga Suite 2100 12:30 - 1:30 PM *Posies Flower Truck Esplanade 12 - 3 PM	9 	10
11	12	13 Oneblood - Blood Drive Jackson Street 10 AM - 3 PM	14 *Basket Drawing Ends *Safety Warden Meeting Conference Room 11:30 AM - 1 PM	15 Yoga Suite 2100 12:30 - 1:30 PM	16 Monaco Wellness 12 - 1 PM Conference Room	17
18	Juneteenth 19	20 	21	22 Yoga Suite 2100 12:30 - 1:30 PM	23	24
25	26	27 Chair Massages 11 AM - 3 PM Suite 2100	28	29 Yoga Suite 2100 12:30 - 1:30 PM	30	

# "This Month In History" JUNE

**1916:** "America's Sweetheart" Mary Pickford signs a contract with producer Adolph Zukor that guarantees a \$1 million salary over two years. The silent film star was the first actress to sign a million-dollar contract.

**1927:** The Peace Bridge opens. Crossing the Niagara River, the international bridge connects Buffalo, N.Y., to Fort Erie, Ontario.

**1948:** The borders of Berlin, Germany, are blockaded, cutting off access to electricity, food, medicine and

other supplies to around 2.5 million civilians. Two days later, on June 26, U.S. and British planes began dropping in supplies for aid, a mission known as the Berlin Airlift.

**1953:** Queen Elizabeth II is crowned as queen of the United Kingdom. Her 70-year reign, which ended in 2022, was the longest of any British monarch.

**1973:** Horse Secretariat becomes the first Triple Crown winner in 25 years. Earning the crown after winning the Kentucky Derby, Preakness Stakes and Belmont Stakes, Secretariat still holds time records in all three races.

**1989:** "Batman," the first big-budget movie about the superhero, premieres. Starring Michael Keaton, the film won an Oscar in 1990 for best art direction.

**1991:** The video game Sonic the Hedgehog debuts. Praised as one of the greatest games ever, the franchise is still going strong today.