



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

## November 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



### Thanksgiving Basket

It's fall, y'all! Let's "gift thanks" for pumpkin spice, family, friends and pecan pie. Enter for your chance to win November 8th until November 15th.



### Metropolitan Ministries Food Drive

We are happy to partner with Metropolitan Ministries for our annual food drive this month. Items most in need this year include: cereal, canned yams, bagged or boxed stuffing, cranberry sauce, soup, rice and canned fruit and vegetables. Thank you for your generosity!



### Downtown's Backyard Market

Experience the joy of bringing the farm to the city at Downtown's Backyard Market, a new monthly recurring experience on our esplanade! This pop-up event kicks off on Thursday, November 9th, from 2:30 p.m. until 5:30 p.m. and will feature a vibrant market with freshly picked produce. Taste the freshness, savor the quality and celebrate the vibrant spirit of our local food culture.



### Giving Back

Banyan Street Capital's 2023 Hunger Action Campaign raised over \$7,000 that will provide over 74,000 meals for families. Feeding America is the largest hunger-relief organization in the United States and works to end hunger by providing food and support to millions of people. Thank you to everyone who contributed to making this possible.

### Tenant Anniversary

HNTB	15 yrs
CLA	8 yrs
Oglethorpe	8 yrs
iConstructors	6 yrs



### Tampa City Center Happenings

Yoga & Meditation	Thursdays
Chair Massages	Nov. 8
Basket Drawing Begins	Nov. 8
Posies Flower Truck	Nov. 9
Backyard Market	Nov. 9
Basket Drawing Ends	Nov. 15





### **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



### **Coffee for All Seasons**

Congratulations to Victoria Bustamante with Baird on winning our Autumn Coffee gift basket!



### **Daylight Saving Ends November 5th**

Don't miss out on precious sleep! Be sure to roll your clocks back one hour on November 5th to celebrate another end to Daylight Saving Time.

### **A Call to Serve**

Each year, on Nov. 11, we celebrate Veterans Day by honoring the courageous men and women of the military for their service to our country. Service is defined as "contribution to the welfare of others." You can follow our service members' example and find ways to make the community a better place by volunteering at a school or charitable organization, picking up litter around the neighborhood or by simply reaching out to friends and neighbors who may need a helping hand and a smiling face.



### **DASH Tesla Rideshare Debuts**

On October 12th, the Tampa Downtown Partnership proudly debuted a new method of transportation for getting around downtown Tampa. The new Downtown Area Shared Hubs (DASH) features more than 20 downtown hubs where you can catch a ride in a Tesla for just \$2 per person. Rides can be scheduled through the DASH mobile app Monday through Saturday from 7 a.m. to 11 p.m. and on Sunday from 12 p.m. to 9 p.m.



### **Fan Coil Unit Operations**

Do you work in an office on the perimeter of the building? You can adjust the temperature in your office by adjusting the fan coil units along the outer wall. Ensure that the fan speed control is on. Adjust the air flow by selecting high or low for fan speed. Adjust the thermostat by turning the knob located on the right side of the control box. Turning to the right increases cooling. Turning to the left decreases cooling. If adjusting the fan coil doesn't make the office area cooler, please enter a work order.





### Eating Green

Making environmentally-conscious dietary choices can be better for our health, our wallets and our planet. Here are some tips for creating a healthier, more sustainable diet:

**Buy Local:** Purchasing local produce and meats - like at our Backyard Market on November 9th - supports area farmers and cuts back on the fuel it takes to transport the food across the country.

**Go Organic:** Treating produce with pesticides pollutes the soil, groundwater, and possibly you. Seek out organic produce whenever possible whenever you're shopping for berries, grapes, peppers and other fruits with edible skins.

**Ditch the Drive-Through:** Idling in line at the drive-through wastes gas. Consider going inside or opt to make a quick meal at home instead to reduce fuel waste and packaging waste.



### Tampa Bay Veg Fest

Learn about healthy, compassionate and environmentally sustainable living by attending the Tampa Bay Veg Fest on November 4th from 11 a.m. to 5 p.m. at Perry Harvey Sr Park.

### Hillsborough County Fair

The Hillsborough County Fair will return to the Hillsborough County Fairgrounds in Dover, FL, from November 2nd - 12th for a celebration of fun for all ages. Stop on by to experience the "Homegrown Fun!"



### India Festival Tampa

The Gujarati Samaj of Tampa Bay is proud to present Tampa Bay's India Festival at the Florida State Fairgrounds from 11 a.m. to 10 p.m. on November 4th. Admission is \$14 for adults and \$12 for kids.



### Pops in the Park

Pack a picnic blanket and join The Florida Orchestra at River Tower Park on November 5th at 6:30 p.m. to listen to free music under the stars.



### The Chiselers Walk for the Minarets

Join The Chiselers on November 11th for a special salute to U.S. veterans before setting off on a casual two-mile walk to view the iconic minarets around the University of Tampa. Registration is \$55 per person.

### Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."  
—Trisha Yearwood

"Savor the moments that are warm and special and giggly."  
—Sammy Davis Jr.

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."  
—Carl Honoré

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."  
—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."  
—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."  
—Charlotte Rae

"The way to develop the habit of savoring is to pause when something is beautiful and good ... then totally immerse in the experience of savoring it."  
—Tara Brach

"One can never truly savor success until first tasting adversity."  
—Ralph Waldo Emerson

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."  
—Rainn Wilson

## November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <span style="font-size: 2em; font-family: cursive;">November</span>			1	2 Yoga Suite 300 12:30 - 1:30 PM	3	4
5	6	7	8 *Basket Drawing Begins *Chair Massages 11 AM - 3 PM Suite 350	9 *Backyard Market Esplanade 2:30 - 5:30 PM *Posies Flower Truck *Yoga - Suite 350	10	Veterans Day 11
12	13 	14	15 Basket Drawing Ends	16 Yoga Suite 350 12:30 - 1:30 PM	17	18
19	20	21	22	Thanksgiving 23	24 	25
26	27	28	29	30 Yoga Suite 350 12:30 - 1:30 PM		

# “This Month In History”

## NOVEMBER

**1921:** The Tomb of the Unknown Soldier is dedicated at Arlington National Cemetery in Virginia. The ceremony took place on Armistice Day three years after the end of World War I.

**1947:** England’s future queen, Princess Elizabeth, marries naval officer Philip Mountbatten at London’s Westminster Abbey.

**1956:** Rock ‘n’ roll star Elvis Presley makes his movie debut in the Western “Love Me Tender.” The film’s title was changed to showcase the singer’s No. 1 hit song.

**1970:** Engineer Douglas Engelbart receives a patent for his invention, the computer mouse. He called the device a mouse because the cord looked like a tail.

**1984:** McDonald’s marks a milestone by cooking up its 50 billionth hamburger at a celebration in New York City.

**1992:** Carol Moseley Braun makes history as the first African American woman elected to the U.S. Senate, representing Illinois.

**2000:** U.S. President Bill Clinton travels to Vietnam. He was the first American leader to visit the country since the end of the Vietnam War.

**2002:** The TV cooking show “Barefoot Contessa,” hosted by Ina Garten, premieres on the Food Network channel.

**2016:** Earning over \$3 million in a single week, the musical “Hamilton” sets a Broadway record.