



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

## October 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



### Halloween Gift Basket

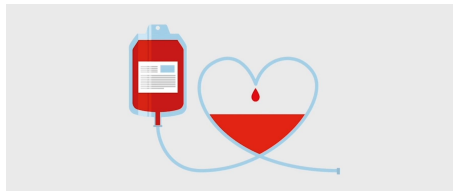
Entries for this month's "Eerie-Sistible" Halloween gift basket will be accepted October 18th to October 25th at the second-floor security desk.

### Chair Massages

Tuesday, October 24th  
11 a.m. - 3 p.m.  
New Location: Suite 350

### Blood Drive

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



### Weekly Yoga & Meditation

Thursdays  
12:30 - 1:30 p.m.  
New Location: Suite 350

### Safety Warden Meeting

Thursday, October 19th  
11:30 a.m. - Conference Room 225  
Please RSVP to patrick.verst@cushwake.com for complimentary lunch



### Tunnel to Towers Stair Climb

The Tunnel to Towers Stair Climb returns to Tampa City Center on Saturday, October 21st, beginning at 8 a.m. The Stephen Siller Foundation honors the sacrifice of firefighter Stephen Siller who laid down his life to save others on September 11th, 2001. The foundation also honors military and first responders who continue to make the ultimate sacrifice for our country.

### Tenant Anniversary

Stoler Russell ..... 9 yrs  
Ryan Companies ..... 7 yrs  
Marcus & Millichap ..... 5 yrs

### Tampa City Center Happenings

Yoga: New Ste. 350 ..... Thursdays  
Blood Drive ..... Oct. 10  
Posies Flower Truck ..... Oct. 12  
Fire Extinguisher Services ..... Oct. 17  
Basket Drawing Begins ..... Oct. 18  
Safety Warden Meeting ..... Oct. 19  
Tunnel to Towers ..... Oct. 21  
Chair Massage: New Ste. 350 ..... Oct. 24  
Basket Drawing Ends ..... Oct. 25

BANYAN STREET  
CAPITAL





### **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



### **Cristo Rey**

Banyan Street Capital is excited to partner with Cristo Rey Tampa High School in their corporate work study program for another school year. Through the program, students receive a private, college-preparatory education, while gaining invaluable real-world work experience from leading corporations and non-profit organizations in the Tampa Bay area. This year, Tampa City Center is hosting one student who is interning in the property management office. If you are interested in sharing some information about your firm with our intern, we can gladly set up a video call or in-person meeting as they learn about the business world.



### **National Dog Day Gift Basket Winner**

Congratulations to Laura Rein with DISYS on winning our National Dog Day Gift Basket!

### **Conference Room Reservations**

Need a little extra space for an upcoming company holiday function? Contact the property management office at 813-223-5008 to inquire about availability of our second-floor conference room.

### **Fire Extinguisher Services**

FireMaster will be on site on Tuesday, October 17th, to service all fire extinguishers. The cost for recertifications is \$18.50 per fire extinguisher. The cost to replace a defective fire extinguisher will be as follows:

- 5-pound extinguishers: \$85
- 10-pound extinguishers: \$130
- 20-pound extinguishers: \$295

Please contact [patrick.verst@cushwake.com](mailto:patrick.verst@cushwake.com) if you wish for your extinguishers to be serviced.



### **Trick or Treat in the Riverwalk**

Take your kids for some family-friendly trick-or-treating along the Tampa Riverwalk on Saturday, October 28th, from 4 p.m. - 7 p.m. Attendees are encouraged to come in costume and visit over 50 treat stations from Water Works Park to Curtis Hixon Waterfront Park. Be sure to visit Water Works Park at 5 p.m. for the costume contest. Once you're all finished collecting your yummy treats, relax at Curtis Hixon Park at 7:30 p.m. for a movie on the lawn.



### Laundry Savings

Laundry often seems to be a gift that never stops giving, regardless of how many people are in your household. Here are a few tips worth considering to help make your household's laundry practices more sustainable.

**Spinning is Winning:** Ensure that your washer has a high spin speed or extended spin option to help significantly increase the efficiency of your dryer.

**Cold Water is Your Friend:** Using warm water instead of hot water can cut a load's energy use in half, and using cold water will save even more.

**Avoid the Sanitary Cycle:** The sanitary cycle relies on an internal heater to boost the water's temperature, which increases energy use significantly.

**Do Away with Dryer Sheets:** The single-use nature of dryer sheets is costly for both you and the environment. Consider purchasing a few wool or rubber laundry balls instead, and add a few drops of your favorite essential oil to achieve the softest and best smelling laundry.

**Not Too Hot:** Using a lower heat setting may cause the drying cycle to take a little longer, but it will actually help to save on your energy bill and help prevent from over-drying your clothes. This in turn can also help your clothes to last longer.

**Prevent Lint Buildup:** The dryer will run more efficiently and more safely if you clean your lint screen after every round of drying.

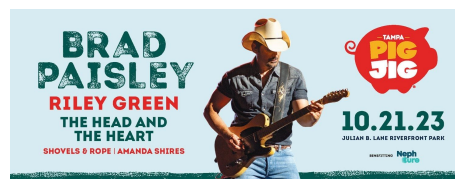


### Break Room Plumbing Maintenance

Please be reminded that each tenant is responsible for maintaining break room plumbing and fixtures in good working condition and is not regularly maintained by the building engineers. Please be sure to contract with a plumber for regular preventative maintenance to avoid backups and leaks. Please contact the property management office at 813-223-5008 for a list of frequently used plumbers authorized to work in the building.

### Pig Jig

Enjoy live music, food, beverages and BBQ at Julian B. Lane Park on Saturday, October 21st, from 1 PM - 10 PM to help raise funds for FSGS and Nephrotic Syndrome. Tickets start at \$125 per person at [tampapigjig.com](http://tampapigjig.com).



### Celebrate Hispanic Heritage Month

ViVa Tampa Hispanic Heritage Festival will kick off Hispanic Heritage Month on October 8th at 11 AM at Perry Harvey Sr. Park. Experience family art, foods, festivities, music, culture and beauty from Tampa Bay Hispanic communities.

Celebrate at the Food, Art & Music Festival FORD's Taste of Latino at Centennial Park in Ybor City on October 15th from 11 AM - 5 PM.

### Wit & Wisdom

"Leaves sway sharp, and through the shadow-swallowed tree-tops the low nocturnal music of the wind makes magic of the vast night."  
—James Oppenheim

"Time flies over us, but leaves its shadow behind."  
—Nathaniel Hawthorne

"The poet is like the Earth's shadow. The sun moves, and the poet writes something down."  
—Eileen Myles

"Hide not your talents. They for use were made. What's a sundial in the shade?"  
—Benjamin Franklin

"Shadow owes its birth to light."  
—John Gay

"Keep your face to the sunshine and you cannot see a shadow."  
—Helen Keller

"My shadow ... is one way I trace who I was and where I have been. My shadow and I have been on a journey for quite a while now!"  
—Angela Cartwright

"Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing."  
—Abraham Lincoln

"Poetry is an echo, asking a shadow to dance."  
—Carl Sandburg

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."  
—Samuel Smiles

## October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Yoga New Suite: 350 12:30 PM - 1:30 PM	6 	7
8	Columbus Day 9	10 *Oneblood - Blood Drive Jackson Street 10 AM - 3 PM	11	12 *Yoga: Suite 350 *Posies Flower Truck Esplanade 12 PM - 3 PM	13	14
15	16	17 Fire Extinguisher Services	18 Basket Drawing Begins	19 *Yoga: Suite 350 *Safety Warden Meeting Suite 225 11:30 AM	20	21 Tunnel to Towers Esplanade 8 AM
22	23	24 Chair Massages 11 AM - 3 PM New Suite: 350	25 Basket Drawing Ends	26 Yoga New Suite: 350 12:30 - 1:30 PM	27	28
29	30	31 	October			

# “This Month In History”

## OCTOBER

**1901:** The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.

**1940:** Considered America’s first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.

**1956:** In a match known as “game of the century,” 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

**1962:** “Dr. No,” the first in the movie franchise about fictional British spy James Bond, premieres in London.

**1974:** Former MVP Frank Robinson is named the MLB’s first Black manager when he’s chosen to lead the league’s Cleveland team.

**1984:** During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

**2008:** The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

**2019:** After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition’s history.