



201 North Franklin Street • Tampa, FL 33602

**July 2020**

#### **PROPERTY MANAGEMENT**

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

Natalie Stoughton, Sr. Property Mgr  
Deborah Scott, Property Manager  
Nikole Miller, 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  
Barry Oaks  
Lauren Coup  
Mercedes Angell



#### **Thank You From All of Us**

As many of you know, the TCC Security Team is here 24/7 ensuring that employees, staff and the property is safe at times. No matter whether it's a natural disaster like flooding, or concerns related to public safety, we appreciate their diligent efforts to take care of us.



#### **Picnic Basket Fun**

No better way to enjoy the summer than by heading out to the park and enjoying a picnic lunch. Drawing begins on Thursday, July 16th, through Thursday, July 23rd, for July's picnic basket fun.

#### **Mobile DMV**

Dislike long lines? Not to worry, we have you covered. The DMV is coming to Tampa City Center.

Tuesday, July 21st  
9:00am to 3:00pm  
Lower Lobby



#### **Happy Independence Day**

Public celebrations will be impacted by officials' decisions to limit crowds. Many people will be wearing their best red, white and blue to celebrate the day. Wishing everyone a safe and Happy Independence Day!



**BANYAN STREET**  
CAPITAL



#### **Tenant Anniversaries**

Onaroll Sushi ..... 8 years

#### **Tampa City Center Happenings**

Basket Drawing Begins	July 16th
Mobile DMV	July 21st
Basket Drawing Ends	July 23rd





## Building Amenities

### Concierge Services

- Movie-Ticket Sales
- Notary Services (Security & Ste. 1890)
- 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 Ste. 225 and Ste. 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

## Mother's Day Basket Winner

Congratulations to Pamela Sheehan with Ernst & Young! She won the Mother's Day Rose themed basket. We hope that you enjoyed all the goodies inside and had a fantastic Mother's Day as well!



## Get Your Motor Runnin'

Gear up for National Motorcycle Day, held every year on the second Friday in July.

## Shop Local

Looking for a new sweet treat to try or some some local businesses to support? There are so many small businesses throughout the Tampa area. Below are some local yummy treat shops and retail shopping too!

- Astro Craft Ice Cream  
1910 N. Olla Ave Tampa
- Nicola's Donut Shop  
902 W Busch Blvd Tampa
- Simple Done Donuts  
2109 S Dale Mabry, Tampa
- Sparkman Wharf  
615 Channelside Dr., Tampa



## 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts.

*Strawberries.* Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

*Blueberries.* Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food.

*Raspberries.* At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste.

*Blackberries.* Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



## Downtown Murals

Did you know that there are numerous murals throughout downtown Tampa. Here are a few locations that are close to TCC.

- Florida Ave. & Royal St.
- Franklin St. & Twiggs St.
- First Watch Restaurant
- Williams F Poe Parking Garage

Visit [tampadowntown.com](http://tampadowntown.com) for a complete list of murals and addresses to check them all out.







### Kevin Norton

Kevin is Tampa City Center's Senior Chief Engineer and has been with us for the last 7 years. Kevin does an outstanding job leading the Engineering team of six and keeping Tampa City Center at the forefront of sustainability. He has worked on many capital projects to include chiller replacements, fire panel replacements, roof replacements, pump replacements and DDC controls system installation to name a few. Kevin's always looking for a way to make the building run more efficiently and for this, we appreciate him.

When Kevin is not here keeping our high-rise building running in tip top shape, he enjoys spending his downtime camping, breeding and raising German Shepherds. In fact, his family recently added a new four-legged addition to the family. Her name is Sascha. She is an adorable, rambunctious, two-toy toting 10 month old fur baby.



### It's Easy Eating Green

We've heard we should try to live a greener lifestyle by reducing, reusing and recycling. But what about our diets? Making environmentally conscious choices can be better for our waistlines, our wallets and our planet.

*Buy local.* When you purchase locally produced fruits, vegetables, meats, eggs and dairy products, you're supporting area farmers and cutting back on the fuel it takes to truck food across the country.

*Go organic.* Treating produce with pesticides can pollute soil, groundwater and possibly you. If you're budget-conscious, aim for organic when buying produce with thin, edible skins such as berries, grapes and bell peppers.

*Eat lower on the food chain.* Producing a pound of meat takes much more water and energy than producing a pound of grain or vegetables.

*Ditch the drive-through.* Idling in line at a fast-food restaurant wastes gas. Park the car and order inside. Better yet, whip up a quick meal at home. You'll save packaging waste and money, too.

*Banish bottled water.* Even if you recycle those plastic bottles, it still takes energy to produce, transport and recycle them.

*Take baby steps.* You don't have to go cold turkey on cheeseburgers. Even small changes, such as eating one meatless meal a week, can make a big difference over time.

### Wit & Wisdom

"This nation will remain the land of the free only so long as it is the home of the brave."  
—Elmer Davis

"Be bold, be brave enough to be your true self."  
—Queen Latifah

"He doesn't need to be big to be brave, because bravery is the courage found in the heart."  
—Aishah Madadiy

"Be brave. Take risks. Nothing can substitute experience."  
—Paulo Coelho

"Brave means listening to the still small voice inside and doing as it says. Regardless of what the rest of the world is saying."  
—Glennon Doyle

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."  
—Bear Grylls

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."  
—Thomas Paine

"You'll never do a whole lot unless you're brave enough to try."  
—Dolly Parton

"Bravery is the audacity to be unhindered by failures and to walk with freedom, strength, and hope in the face of things unknown."  
—Morgan Harper Nichols

"Fill your lives with love and bravery and you shall lead a life uncommon."  
—Jewel

## July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July</i>			1	2	3	4 Happy Fourth of July!
5	6 Joe Lombardo Piano	7	8	9	10 Ken Haelsig Piano	11
12	13 Cynthia Creel Piano	14 Andrei Cheine Piano	15 	16 Basket Drawing Begins	17 Lorna Anderson Piano	18
19	20 Boris Lebedinsky Classical Guitar	21 Mobile DMV 9am-3pm Lower Lobby	22	23 Basket Drawing Ends	24 Andrei Cheine Piano	25
26	27 Ken Haelsig Piano	28 Cynthia Creel Piano	29	30	31 	

## "This Month In History" JULY

**1922:** Johnny Weissmuller breaks a world record. The future Olympic champion and Hollywood actor was the first person to swim 100 meters in under one minute.

**1938:** On the 75th anniversary of the Battle of Gettysburg, President Franklin D. Roosevelt dedicates the Eternal Light Peace Memorial at the Civil War site in Pennsylvania. An eternal flame burns atop the monument's 47-foot-tall stone tower.

**1957:** Jack Paar debuts as host of TV's "Tonight" show.

**1969:** Apollo 11 astronaut Neil Armstrong takes "one giant leap for mankind," becoming the first man to walk on the moon.

**1972:** "Lean on Me" by Bill Withers is the No. 1 song on the music charts.

**1985:** After three months of consumer complaints about New Coke, the Coca-Cola Co. announces it is bringing back the soft drink's original formula.

**1991:** Major League Baseball approves adding two new teams, the Florida Marlins and the Colorado Rockies.

**2003:** The last classic-style Volkswagen Beetle rolls off the production line.

**2012:** The 30th Summer Olympics open in London.

**2018:** In Thailand, 12 boys and their soccer coach are rescued after being trapped in a cave flooded by monsoon rains. The 18-day mission riveted the world.