



201 North Franklin Street • Tampa, FL 33602

November 2021

PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890

All emails: first name.last

name@cushwake.com

Natalie Stoughton, Sr. Property Mgr.

Deborah Scott, Property Manager

Patrick Verst, Property Administrator

Kevin Norton, Chief Engineer

Gerald Michaels, Asst. Chief Engineer

Robert Shim, Engineer

Joshua Coghill, Engineer

Frank Meade, Engineer

Ken Adams, Maintenance Tech

Rick Garcia, Maintenance Tech

LEASING TEAM

(813) 223-6300, Suite 3300

Barry Oaks

Mercedes Angell



Welcome Blind Tiger Cafe!

We are thrilled to announce Blind Tiger will be opening a location in the second floor café space. Blind Tiger will be serving coffee, tea, breakfast, sandwiches, acai bowls and pastries.

Blind Tiger will be operational in the first quarter of 2022. Please make sure to join us in welcoming them to the building!

Welcome Patrick Verst!

Please join us in welcoming Patrick Verst to the TCC Property Management team as Property Administrator! When he is not at work, Patrick enjoys listening to music, spending time with friends and walking the Riverwalk with his vizsla-mix rescue. When asked what he's most excited about in his new role he says meeting and serving each of our tenants and our downtown community.



"A Night Out With Vesper" Basket

A fun night on the town will be awaiting your entry starting on November 10th until November 17th. Don't forget to put your name in at the Security Desk on the second floor.

BANYAN STREET
CAPITAL



Tenant Anniversaries

iConstructors	3 Years
CLA	6 Years
FieldCore	9 Years
HNTB	13 Years

Tampa City Center Happenings

Basket Drawing Begins	Nov. 10th
Basket Drawing Ends	Nov. 17th
Thanksgiving Day	Nov. 25th





Building Amenities

Concierge Services

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

Dining (all 813 area code)

- 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
- Auto Detailing - 226.0654
- YMCA (10% discount)
- Franklin Street Cleaners & Alterations 225.5600

Congratulations to Our September Basket Winner!

Congratulations to Ashley Abdel-Hadi with KCA. We hope that you enjoyed the s'mores basket!



Free Downtown Fitness Classes

We love being downtown! The Tampa Downtown Partnership is always bringing new items to Curtis Hixon Park for our tenants to enjoy. Currently they offer:

- Sundays: yoga is offered from 6-7pm instructed by Erin Wheeler of Lucky Cat Yoga for all levels. Enjoy a vinyasa yoga and motivating music from DJ Mr. Bongos. The class includes a blend of dynamic sequences like the sun salutations, balancing postures and other vibrant postures to strengthen the mind and body connection.
- Tuesdays: Instructor Meagan Simmons leads all ages of attendees in Zumba from 6-7pm. Zumba is a Latin-inspired dance and cardio workout.
- Wednesdays: Tai Chi in the Park with Bonnie Birdsall, from 6-7pm! Bonnie is a certified Tai Chi and Qi Gong instructor. The class takes place near the fountains.

The First Thanksgiving

Four centuries ago, the Pilgrim settlers at Plymouth Colony and neighboring American Indians met for a joyous feast, celebrating both friendship and a fruitful harvest.

Sailing from England aboard the Mayflower, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking American Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast to celebrate the success of their first crop. Around 90 Wampanoag,

including Chief Massasoit, joined the colonists for the festivities, which lasted for three days and included games, singing and dancing, in addition to the elaborate meal.

The Pilgrims' records indicate that regional fowl—such as ducks, geese, swans and, yes, probably turkey—were served at the feast, along with venison brought by the Wampanoag. Historians believe that other foods present at the meal included fish and shellfish, beans, onions, porridge made from cornmeal, berries, squash and pumpkin—but no pumpkin pie.





Keep Your Home Clutter-Free

Getting rid of clutter is simple—you can sell it, recycle it, dispose of it or donate it (some charities will even come pick it up)—so why is it wreaking havoc in homes across the country? Often, the problem stems from being a junk junkie. Here are some ways to kick the habit: Banish boxes. Once you've purchased a new item, there's no need to hang on to the box unless it's likely you will be returning the purchase. Even then, the receipt is usually more important to the return process than the packaging. One in, one out. When you bring home a new item, make sure an old one goes away. From sweaters to toasters, following this rule can prevent clutter from growing. Pass it on. If you have a magazine or newspaper subscription, don't let the issues pile up. Enjoy them, and then pass them on to a friend. Goodbye and goodwill. For clothing items, follow the time-tested rule that if you haven't worn it in a year, it's time for it to go. Charities will appreciate your gently worn donations. Words to live by. Take the sage advice of designer William Morris: "Have nothing in your home that you do not know to be useful, or believe to be beautiful."



One Minute Chef

Green Bean and Corn Casserole

Switch up a few ingredients, and this update to a classic holiday side dish may become a new favorite!

Ingredients:

- 1 bag frozen French-style green beans
- 1 cup chopped celery
- 1/2 cup sour cream
- 1 can cream of celery soup
- 1 can of corn, drained
- 1 green bell pepper, chopped
- 1/2 cup grated cheddar cheese
- 1 sleeve butter crackers, finely crushed
- 3 tablespoons melted butter

Directions:

Heat oven to 350° F. In a large mixing bowl, combine the first 7 ingredients and pour into a prepared 9-by-13-inch baking dish.

Stir together the crushed crackers and melted butter; spread the mixture over the top of the casserole.

Bake for 45 minutes or until hot and bubbly.

Tip: To make this recipe a main dish, mix in 1 cup of diced ham and 1 cup of shredded cooked chicken.

For more recipes, go to
Smithfield.com.



Wit & Wisdom

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."
—Catherine Pulsifer

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."
—Douglas Wood

"Say thanks every night with a full heart. Each day is a precious gift to be savored and used, not left unopened and hoarded for a future that may never come."
—Regina Brett

"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living."
—Tecumseh

"You want to become a better person? Just give thanks. Give thanks for all of it."
—Kamand Kojouri

"Some days are better than others, but every day can be the best day of your life by giving thanks."
—Richie Norton

"There is no therapy like thoughts of thanks."
—Lailah Gifty Akita

"Let your last thinks all be thanks."
—W.H. Auden

"Give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."
—Brian Tracy

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Joe Lombardo Piano	2	3 	4	5 Boris Lebedinsky Classical Guitar	6
7	8 Cynthia Creel Piano	9 Andrei Cheine Piano	10 Basket Drawing Begins	Veterans Day 11	12 Ken Haelsig Piano	13
14	15 Boris Lebedinsky Classical Guitar	16	17 Basket Drawing Ends	18	19 Lorna Anderson Piano	20
21 	22 Ken Haelsig Piano	23 Cynthia Creel Piano	24	25 HAPPY <i>Thanksgiving</i>	26	27
28	29	30 Andrei Cheine Piano	November			

"This Month In History" NOVEMBER

1924: Establishing an annual tradition, New York City's Macy's department store puts on its first Thanksgiving Day parade.

1936: The first issue of Life magazine is published.

1942: Coffee is added to the list of items rationed in the U.S. due to World War II.

1963: Push-button telephones debut as an alternative to rotary-dial models.

1971: A new U.S. dollar coin, depicting

President Dwight D. Eisenhower on the front, is put into circulation.

1981: Paul "Bear" Bryant, football coach of the University of Alabama, wins the 315th game of his career. It set the record for most wins of any NCAA head coach at the time.

1995: "Toy Story," the first feature film created by Disney's Pixar Animation Studios, premieres to rave reviews.

2003: At age 21, Britney Spears becomes the youngest female singer to get a star on the Hollywood Walk of Fame.

2014: The 104-story skyscraper One World Trade Center officially opens for business, 13 years after the site's original twin towers were destroyed on 9/11.