



201 North Franklin Street • Tampa, FL 33602

## October 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



### Congratulations!

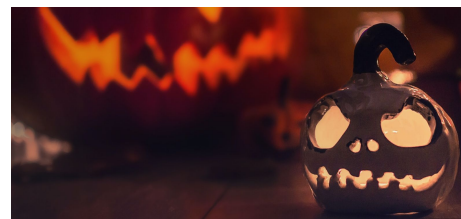
Congratulations, Seymour Phillips,  
on your promotion as the Chief  
Building Engineer at Tampa Heights!

He joined the Tampa City Center  
team as an engineer in 2013. During  
his tenure, Seymour has been  
awarded the BOMA GTB Building  
Engineer of the year in 2016, as well  
as being promoted in 2018 to become  
the Assistant Chief Engineer.

Though we are sad to see you go,  
this promotion is well deserved. Best  
wishes on your new adventure!

### Halloween Basket

A spook-tacular Halloween basket  
is awaiting your entry starting on  
Thursday, October 15th through  
Thursday, October 22nd. Enjoy goblin  
up this basket and lifting your spirits.



### Blood Drive

Tuesday, October 27th  
10:00am to 3:00pm  
Jackson Street

OneBlood has changed their  
process; please visit [Oneblood.org](http://Oneblood.org) to  
schedule your appointment at least 24  
hours in advance.



BANYAN STREET  
CAPITAL



### Tenant Anniversaries

Stoler Russell	6 Years
Ryan Companies	4 Years
Coca-Cola	3 Years
Marcus & Millichap	2 Years

### Tampa City Center Happenings

Basket Drawing Begins	Oct 15th
Basket Drawing Ends	Oct 22nd
Blood Drive	Oct 27th





### 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



### Dog's Day Basket Winner

Congratulations to Vicki Dunbar with Acuity! Her two fur babies, Retter and Lillie Mae, won the Dog's Day basket filled with squeaky toys, snacks and more.



### Unlock Tampa Bay

Come on in and take a look at all the new goodies Unlock Tampa Bay Visitors Center has. Open Monday to Friday, 10:00am till 2:00pm.

### Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

*Put on some pink.* The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease.

*Give back.* If you want to contribute visit [nationalbreastcancer.org](http://nationalbreastcancer.org) to donate, learn more about breast cancer and how to get involved.



### Corporate Work Study Program

Banyan Street Capital is partnering with Cristo Rey Tampa High School in their Corporate Work Study Program for 2020/2021. Through this innovative 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 two students who will be interning in the Property Management office. If you would be interested in sharing some information about your firm with our interns, we would gladly set up a video call as they learn about the business world in Tampa.



### Break Room Plumbing Maintenance

It is each Tenant's responsibility to maintain their break room plumbing and fixtures in good working condition. This added plumbing is not part of the base building plumbing system and is not regularly maintained by the building engineers. It is recommended that Tenants contract with a plumber for regular preventative maintenance to avoid backups and leaks. If you need assistance with contacting a plumber, please contact the Property Management office for a list of authorized and frequently used plumbers in the building.



### Stay Sharp

The brain is one of the most important parts of the body and it needs to be exercised too. Follow these tips to keep your brain at its best:

*Make your activities brain-healthy.* Entertain yourself with hobbies that will also help keep your mind sharp. Learn how to play a musical instrument, speak a foreign language, play chess, do puzzles or juggle. Learning new skills helps strengthen underused parts of the brain.

*Be creative.* Write a story, compose a song or paint—anything to get your creative juices flowing.

*Exercise.* Exercise helps your brain as much as it helps the rest of your body. Also try stress-reducing activities such as meditation, yoga and dance.

*Eat right.* Eating a balanced diet can work wonders for your mental abilities. Munch on some brain foods, such as eggs, blueberries and salmon.

*Do something out of the ordinary.* A great way to stay keen is to try mixing up otherwise normal routines. Use your non-dominant hand to brush your teeth, take a different route for your daily walk or sit in a different place at the dinner table.



### Avoid This To Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, it is advised to not touch your face.



### Reduce, Reuse, Respect

Picking up trash is obvious.

Shutting off the water when brushing your teeth is basic. By making small changes, you can have a significant impact on our planet's well-being. This month, try going on an electricity "diet."

*Out and about.* Vehicles account for almost one-third of U.S. air pollution. Reduce your emissions by carpooling, using public transportation, walking, riding a bike or buying a car with efficient gas use.

*Burn out.* About 75 percent of the energy used by home appliances occurs when they aren't even turned on. Take note of appliances with glowing or lighted indicators or clocks and those with large, boxy transformer plugs. Unplug them when not in use. Plug office equipment, components into a surge protector and turn off the strip when the items are not in use.

*Sign out.* Don't fall for the myth that screen savers reduce energy. The truth is actually the opposite. To save energy, switch your workstation to sleep mode or manually turn off the monitor when taking a lunch break.

For details, visit [www.RecyclingCenters.org](http://www.RecyclingCenters.org).

### E-Waste Recycling

It doesn't seem right to toss old electronics into the trash, so what is the proper way to dispose of outdated gadgets? Contact the Property Management office to assist in e-waste recycling needs.

### Wit & Wisdom

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."  
—Lauren DeStefano

"Autumn's the mellow time."  
—William Allingham

"It was one of those perfect fall days when the air is cool enough to wake you up but the sun is also kissing your face."  
—Anita Diamant

"Life starts all over again when it gets crisp in the fall."  
—F. Scott Fitzgerald

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."  
—Hal Borland

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."  
—Ann Drake

"It was a beautiful bright autumn day, with air like cider and a sky so blue you could drown in it."  
—Diana Gabaldon

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."  
—Joe L. Wheeler

"I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around. ... We're all 8 years old again and anything is possible."  
—Sue Grafton

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER				1	2 Boris Lebedinsky Classical Guitar	3
4	5 Joe Lombardo Piano	6	7 	8	9 Ken Haelsig Piano	10
11	12 Cynthia Creel Piano	13 Andrei Cheine Piano	14	15 Basket Drawing Begins	16 Lorna Anderson Piano	17
18	19 Boris Lebedinsky Classical Guitar	20 	21	22 Basket Drawing Ends	23 Andrei Cheine Piano	24
25	26 Ken Haelsig Piano	27 *Blood Drive 10am-3pm *Cynthia Creel Piano	28	29	30	31 HAPPY HALLOWEEN

## "This Month In History" OCTOBER

**1908:** Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

**1913:** The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

**1949:** American novelist William Faulkner wins the Nobel Prize in literature.

**1959:** Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

**1982:** At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

**1998:** The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

**2006:** The U.S. population reaches 300 million.

**2015:** "Spectre," the 24th film in the James Bond series, premieres in London.