



201 North Franklin Street • Tampa, FL 33602

## September 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

### Florida Wellness

Florida Wellness Medical Group, located in our Esplanade offers a variety of services including Primary Care, Chiropractic Medicine and Medical Acupuncture. For more detailed information or to book an appointment visit [floridawell.com](http://floridawell.com) and/or call them at 813-229-2225. Florida accepts all major medical insurance plans.



### Conditioned Storage Available

We offer multiple onsite, air conditioned storage units located on the 1st floor and basement that are available for rent. Units range in size from 84 square foot to 215 square foot storage space. If you are interested in renting one of our storage areas please contact Nikole Miller at 813-223-5008 or email at [nikole.miller@cushwake.com](mailto:nikole.miller@cushwake.com).

### Bicycle Storage

Do you commute to work on a bicycle? We offer secured indoor storage for all bicycles. Please contact the Property Management office at 813-223-5008 to get details.



### Fall Is Here Basket

Ready to celebrate Fall? It does take a bit more time before the Florida heat dwindles but it shouldn't stop us from gathering around the fire, roasting some marshmallows and snipping on warm apple cider! Enter for your chance to win this Fall basket starting Thursday, September 10th through Thursday, September 17th at the 2nd floor Security Desk.



BANYAN STREET  
CAPITAL



### Tenant Anniversaries

Bryant Miller & Olive ..... 17 Years  
Macfarlane Ferguson ..... 16 Years  
Florida Wellness ..... 15 Years  
Visit Tampa Bay ..... 3 Years

### Tampa City Center Happenings

Basket Drawing Begins ..... Sept 10th  
Basket Drawing Ends ..... Sept 17th





### **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



### **Picnic Basket Fun Winner**

Congratulations to Jim Craig with Macfarlane, Ferguson & McMullen! He won the wicker picnic basket, blanket, cheese board, wine and more.



### **Forget the Calories**

Chocolate Milkshake Day is Sept. 12th, bringing chocolate and ice cream lovers together. Share your treat with #ChocolateMilkShakeDay.



### **Emergency Preparedness**

Be sure to assemble a kit equipped with the supplies you might need in an emergency. Keep your supplies in something that is easy to carry in case you must leave your home and ensure you have enough supplies for at least three days.

It is suggested to have the following in an emergency kit: nonperishable food, bottled water; manual can opener; plates, utensils and wet wipes; first aid kit, toiletries; change of clothes; blanket; multipurpose tool; matches; battery-powered radio, flashlight and extra batteries; whistle to signal for help; local map; cash; copies of insurance policies and identification.

### **Loading Dock Safety**

Safety is number one here at the Tampa City Center. Please do not walk through the loading dock via the middle of the parking lot, behind vehicles or in front of the loading dock bays. We ask that all pedestrians utilize the sidewalks to get through the Loading Dock area.

### **Take Time to Breathe**

Literally, the practice of Yoga is all about breathing. September is National Yoga Month and taking time to do an online class or heading outdoors can provide both physical and mental benefits from this type of exercise. Modified styles, have been shown to improve strength, balance and mobility. Even the deep breathing of yoga can positively impact fitness and your mood.

### **Calling All Foodies**

Sparkman Wharf, located at 615 Channelside Drive is a modern waterfront area featuring hip restaurants, shops, a beer garden and street food stands. Open after 4pm on weekdays, it gives you an opportunity to head out from TCC by hopping on the TECO streetcar to SW. Drop in for a unique and enjoyable foodie experience. A few of their offerings include:

- Edison's Swigamajig
- The Corners Pizza
- Gallito Taqueria
- Jeni's Ice Cream
- The Blind Tiger
- Boat Run Oyster Company





### Robert Shim

Robert has been a valued member of the Engineering team at Tampa City Center for the past 16 years. During his tenure, he has been able to witness the building's transformation from going pneumatic to digital, the installation of two chillers, lobby renovation and many additional improvements.

Robert was born in Jamaica and relocated with his family to the United States when he was 13 years old. After finishing high school, he joined the USAF, and taught Refrigeration and Air Conditioning. Completing 4 years in the service, he began his Engineering career in NYC, working at a high rise hotel.

When Robert is not at Tampa City Center he enjoys spending time with his wife, two daughters and son. He enjoys past times like wing shooting and fishing. His family is excited to be welcoming their first granddaughter in November.

Robert says that he enjoys working at Tampa City Center because of the amazing tenants, and stellar team of coworkers he gets to work with.



### 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

"Every generation is going to keep changing, and you just have to embrace the change."

—Wyclef Jean

"We need to remember across generations that there is as much to learn as there is to teach."

—Gloria Steinem

"I always think about the next generation and creating a different blueprint for them. ... We don't all have to take the same coordinates to get to the same destination."

—Janelle Monáe

"You can take as much as you can from the generation that has preceded you, but then it's up to you to make something new."

—Jackson Browne

"This wired generation is kind of cool."

—LeVar Burton

"If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

—Charles M. Schulz

"The thing that makes my generation the greatest is our ability to hang out. We're spectacular at it."

—Lewis Black

"Hopefully, generations after us will continue to protect, preserve, and look after this wonderful land."

—Wilford Brimley

"Our generation faces many challenges, some of which were passed on to us by the past generations, but it's up to us to find solutions today so that we don't keep passing our problems on."

—Shakira

## September 2020

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

# “This Month In History” SEPTEMBER

**1920:** The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

**1935:** After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

**1945:** On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

**1952:** The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world’s largest fast-food chains.

**1968:** With her debut hit song “Harper Valley PTA,” Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

**1976:** “The Muppet Show” premieres, bringing a cast of puppets to prime-time TV.

**1988:** Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth’s tallest mountain.

**1996:** Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel “The Deep End of the Ocean.”

**2009:** NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

**2019:** With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.