



April 2026

MetWest Team Management

4010 W. Boy Scout Blvd., Suite 275
(813) 875-7950

All emails:

firstname.lastname@cushwake.com

- Natalie Stoughton, Assoc. Director
- Kimberly Callicot, Property Mgr
- Patrick Verst, Asst. Property Mgr
- Kineta Josinvil, Property Admin
- Shalinda Mangru, Property Accountant
- Kevin Norton, Sr. Chief Engineer
- Markus Reschny, Chief Engineer
- John Honeycutt, Asst. Chief Engineer
- Francisco Guillen, Engineer
- Ignacio Migueneles, Engineer
- Joseph Demitro, Engineer
- Robert Shim, Engineer
- Steven Rincon, Engineer

Leasing

Office: Angela Odell & Melanie Jackson

Retail: Kalyn Brandewie

Celebrate Earth Day

MetWest International constantly prioritizes finding new and innovative ways to create a healthier and more sustainable work environment for our tenants and for the community. This year, we are excited to host a complimentary, weeklong electronic waste event the whole week of Earth Day - April 20th to 24th. If you have electronic waste you wish to dispose of, please gather all items in a centrally located place in your suite and submit a work order on MetWest Central. In the work order, please list an approximate estimate of the type and quantity of items you wish to have picked up. Examples of e-waste include, but are not limited to: Computers, monitors, televisions, light fixtures, cellphones, tablets/iPads, batteries, microwaves, printers, etc.

Additionally, on Wednesday, April 22nd, our complimentary Earth Day herb giveaway will return to lobbies of One MetroCenter and MetWest One at 12:00 p.m. while supplies last.

We can't wait to continue celebrating the earth with you!

Complimentary Barre Classes

April 8th & 22nd

5:30 p.m. to 6:30 p.m.

MetWest Park

RSVP via MetWest Central or email
MetWestAdmin@cushwake.com

Bring your own yoga mat.

Posies Flower Truck

Thursday, April 2nd

MetWest One

11:00 a.m. - 2:00 p.m.

Nothing Bundt Cakes

Wednesday, April 15th

11:00 a.m. to 3:00 p.m.

MetWest One Lobby

Chair Massages

Date TBD

11:00 a.m. to 3:00 p.m.

One MetroCenter Suite 360

Contact

stacey@corporatemassagetampa.com to reserve your time.



MetLife
Investment
Management

**CUSHMAN &
WAKEFIELD**

Tenant Anniversaries

KLH Capital 4 Years
Leeds Professional Res. 3 Years

**HAPPY
ANNIVERSARY**

MetWest Happenings

Posies Flower Truck April 2nd
Barre Class April 8th
Nothing Bundt Cakes April 15th
E-Waste Collect Begins April 20th
Barre Class April 22nd
E-Waste Collect Ends April 24th
Chair Massages TBD

MetWest

Amenities

Dining Options

- Renee's Bistro at One MetroCenter - 443-1377
4010 W. Boy Scout Blvd., Suite 185
Reneesbistro@yahoo.com
- Thai Prime Kitchen & Bar - 302-9168
4142 W. Boy Scout Blvd.
- Texas De Brazil - 981-7157
4112 W. Boy Scout Blvd.
- Kona Grill - 877-5938
4134 W. Boy Scout Blvd.
- Del Fresco's Grille - 878-6890
4138 W. Boy Scout Blvd.
- Coopers Hawk Winery & Restaurant - 873-9463
4110 W. Boy Scout Blvd.
- Starbucks - 303-2323
4146-2 W. Boy Scout Blvd.
- AQ Nails Spa - 450-1064
4146 W. Boy Scout Blvd.

Building Amenities

(all numbers start with 813)

- Building Conference Rooms (One MetroCenter)
- Fitness Center (MetWest One and One MetroCenter)
- The Bar Method - 304-2644
4102 W Boy Scout Blvd #1
- GolfTec - 202-8516
4142 W Boy Scout Blvd
- Blo Blow Dry Bar Tampa - 877-2639
- AC Hotel by Marriott - 350-4020
4020 W Boy Scout Blvd
- Corona Cigar Co. - 513-7560
4142 W Boy Scout Blvd

Concierge Services

- USPS Stamp Sales
- Notary Services (One MetroCenter suite 275)

Electric Vehicle Charging

As part of our amenities at MetWest International, we offer electric vehicle charging stations in the garages of One MetroCenter and MetWest One. To register your vehicle and begin using the stations, please contact

MetWestAdmin@cushwake.com.

As a reminder, please move your vehicle as soon as charging is complete so other tenants may use the stations. Failure to promptly relocate your vehicle will result in automatic charges.



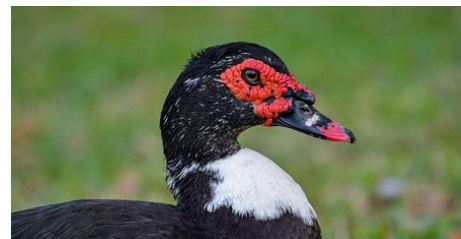
MetWest Central

As a reminder, we transitioned to a new platform in 2025 for submitting work orders, reserving conference rooms and viewing events. Some events will require attendees to RSVP through the app.

Please download the MetWest Central app by Livelyhood. Visit MyBuilding.cove.is to log in from your computer.



MetWest Central
Livelyhood



Muscovy Ducks

We love doing our part to support nature and the surrounding ecosystems. Unfortunately, those cute, black, white and red ducks that frequently visit the areas around our ponds are an invasive species. Even if they do approach you with their friendly, wagging tails, like all wildlife you see around the property, please do not feed them or intentionally leave food on the ground for them to feed on. Feeding wildlife changes animals' natural behaviors, disrupts the local food web, attracts predators and pests and increases disease risk.



Gasparilla Music Festival

Gasparilla Music Festival returns for its 14th season at an all-new venue, Meridian Fields, which is the grassy field located between Channel District and Water Street near the old Ardent flour mills. Enjoy three days of the hottest acts across multiple stages, local food and drink vendors and more from April 10th to 12th. This year's lineup will feature over 30 musicians, including Shakey Graves, Jai Wolf and Drive-By Truckers to name a few. To purchase tickets, visit GasparillaMusic.com



Every April, more than a billion people around the world come together to celebrate Earth Day, a global reminder of our shared responsibility to protect the planet. What began as a grassroots movement in 1970 has grown into one of the largest civic observances on Earth, inspiring environmental action in more than 190 countries.

Living sustainably doesn't require dramatic lifestyle changes. Small, consistent actions can significantly reduce your environmental impact. Here are some practical steps you can start today:

- **Reduce Waste:** Opt for reusable bags, bottles and containers. Buy products with minimal or recyclable packaging.
- **Choose Sustainable Products:** Support brands that prioritize eco-friendly materials and ethical production. Buy secondhand whenever possible, especially clothing and furniture.
- **Eat More Sustainably:** Incorporate more plant-based meals into your week. Buy local produce to reduce the carbon footprint of long-distance food transport. Reduce food waste by planning meals and storing food properly.
- **Launder Responsibly:** Wash full loads of laundry, use the eco or cold water setting and use high-efficiency appliances.
- **Outdoors:** Water plants in the early morning to reduce evaporation. Use mulch to help soil retain moisture. Collect rainwater for watering gardens and potted plants.

Tampa Bay Tech Week

The multi-day, region-wide celebration of innovation, entrepreneurship and technology brings together founders, investors, business leaders and talent from all across Tampa Bay and beyond. This year's event will take place from April 7th to 11th. To purchase passes, visit TampaBayTechWeek.com. The Expo pass is free. General admission starts at \$150 per person.



VIP Chef Showdown

The Tampa Bay Wine and Food Festival will take place April 7th to 11th at various locations across the Tampa Bay region. Among the many events will be the VIP Chef Showdown on Friday, April 10th, at Curtis Hixon Waterfront Park. Watch 18 chefs go head to head in nine different culinary battles. Visit TampaBayWFF.com to purchase tickets and learn more about other Wine and Food festivities.



Blueberry Festival

Keel Farms brings back its Blueberry Festival on select April weekends from 10 a.m. to 3 p.m., featuring blueberry U-Pick, a shortcake eating contest, and family-friendly activities. Parking is \$10 per vehicle. Admission is free.

Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."

—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."

—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."

—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."

—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."

—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."

—Stan Lee

"Once you've been in space, you appreciate how small and fragile the Earth is."

—Valentina Tereshkova

"The Earth is a very small stage in a vast cosmic arena."

—Carl Sagan

"If you look at how long the Earth has been here, we're living in the blink of an eye. So, whatever it is you want to do, you go out and do it."

—Jamie Foxx

"Try to leave the Earth a better place than when you arrived."

—Sidney Sheldon

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April			1 	2 Posies Flower Truck 11 am - 2 pm MetWest One	3	4
5 	6	7	8 Barre Class 5:30 pm - 6:30 pm MetWest Park	9	10	11
12	13	14	15 Nothing Bundt Cakes 11:00 am - 3:00 pm MetWest One	16	17	18
19	20 E-Waste Collection Begins	21	22 *Herb Giveaway 12:00 pm OMC & MW1 Lobbies *Barre Class 5:30 pm - 6:30 pm MetWest Park	23	24 E-Waste Collection Ends	25
26	27	28	29	30		

"This Month In History"

APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

1976: Barbara Walters is named the first female coanchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit a third of the states in the U.S. over four days.

2018: Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.