



May 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

Metropolitan Ministries Clothing Drive

This year's items most needed include the following:

- Men's shirts, pants and shoes
- Women's undergarments
- Professional business attire
- Children's clothing
- Teen clothing

Donation carts will be in the One MetroCenter and MetWest One lobbies May 1st to 29th. Thank you for your generous contributions!



March Madness

Thank you to all who participated in this year's March Madness bracket challenge! Congratulations to our top three entrants:

- First Place: Thomas with Atkins
- Second Place: David with Mead & Hunt
- Third Place: Colby with Benchmark

Welcome, Markus Reschny

In February, we excitedly welcomed a new member to MetWest maintenance team as Markus Reschny took over the Chief Engineer position! Markus brings over 15 years of experience in the industry and structures his life around discipline, faith and family.

Markus is the proud father of three kids. In his free time, he enjoys bicycling, fishing and boating with his family. Among his many accomplishments, Markus once completed a 111-mile bicycle ride in seven hours! Welcome to MetWest, Markus!



MetLife
Investment
Management

**CUSHMAN &
WAKEFIELD**

Tenant Anniversaries

Apex Systems 20 Years
 Humana 14 Years
 North Shore Holdings 4 Years
 Unified Women's Healthcare .. 3 Years

**HAPPY
ANNIVERSARY**

MetWest Happenings

Clothing Drive Begins May 1st
 Posies Flower Truck May 7th
 Barre Class May 13th
 Nothing Bundt Cakes May 20th
 Barre Class May 27th
 Clothing Drive Ends May 29th
 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)

Happy Mother's Day

Sunday, May 10th, is Mother's Day. It is a day to honor the women whose care and strength shape our lives. Wishing all who mother a joyful and meaningful day!



Walk for Youth With Epilepsy

The Epilepsy Services Foundation hosts its annual Walk for Youth with Epilepsy on Saturday, May 16, at Al Lopez Park to increase awareness and support for children, teens, young adults with epilepsy, and their families. To register, visit EpilepsySF.org.

Science at the Saunders: May the 4th Be With You

MOSI's state-of-the-art Saunders Planetarium will host a Star Wars-inspired educational event on Monday, May 4th, from 5:45 p.m. to 7:30 p.m. The event will be full of sci-fi fun, laser demos and photos with fan favorites from the 501st Legion. End the night with a special talk and immersive planetarium show exploring the real science behind a galaxy far, far away. Tickets start at \$5 for members and \$10 for non-members. Visit Mosi.org to purchase tickets and learn more.



Memorial Day Remembrance

Memorial Day began after the Civil War, when communities across the country decorated the graves of fallen soldiers. In 1868, General John A. Logan called for a national day of remembrance. Over time, the observance expanded to honor all U.S. military personnel who died in service. Memorial Day officially became a federal holiday in 1971.

This Memorial Day, we pause to honor the service members who gave their lives in defense of our nation. Their sacrifice protects the freedoms we enjoy every day.

Rock the Park

Support the Tampa Bay music scene at Curtis Hixon Park on Thursday, May 7th, from 6:30 p.m. to 9:00 p.m. The 15+ year partnership between the Tampa Downtown Partnership and Brokenmold Entertainment takes place on the first Thursday of each month.



WWE Backlash

Benchmark International Arena hosts WWE Backlash, the first premium live event following WrestleMania 42 in Las Vegas, on Saturday, May 9th. Tickets start at \$116 per person.



Reducing Electric Consumption

We should all strive to live more sustainably to help preserve our earthly home. To do your part, here are some tips that will help to both reduce your carbon footprint and reduce your energy bill at home:

- Reduce air conditioning consumption by increasing the temperature on your thermostat during the summer months when you are away from home.
- If you have multiple thermostats in your home and often work from home, increase the temperature on the thermostat in the portion of the house that you spend the least amount of time in during the business day.
- Unplug nonessential home appliances when they are not in use. Utilities service provider Unitil Corporation has found that nearly 20% of home electric consumption is spent on devices that are not in use and are not actively charging.
- Consider utilizing solar power at home. There are numerous federal and state programs you can take advantage of to obtain a rebate or tax credit for making the switch to solar power.
- Cover your windows with thermal curtains during the warm months to reduce the amount of heat that enters your house.
- Replace the filters on your AC unit and schedule with a contractor to have routine maintenance performed to ensure that it is running as efficiently as possible.

Tampa Riverfest

Celebrate the best Tampa has to offer in food and culture at the 10th annual Tampa Riverfest on May 1st and 2nd.

May 1st: Curtis Hixon Park

- Taste of the Riverwalk: 5:30 p.m. to 9:00 p.m.
- Hot Air Balloon Glow: 8:30 p.m. to 9:00 p.m.

May 2nd: Water Works Park

- Kid Zone: 11:00 a.m. to 8:00 p.m.
- Water Ski Show: 4:00 p.m.
- Lantern Making Workshop: 5:00 p.m. to 8:00 p.m.
- Lantern Parade: 8:30 p.m.

May 2nd: Curtis Hixon Park

- Wiener Dog Derby: 11:00 a.m. to 5:00 p.m.
- Taco Fest: 11:00 a.m. to 8:00 p.m.
- Hot Air Balloon Glow: 8:30 p.m. to 9:00 p.m.



Busch Gardens Food, Wine & Garden Festival

A world of taste awaits at the annual Busch Gardens Tampa Bay Food, Wine & Garden Festival with a delicious menu and drinks as dynamic and unique as the park's thrilling roller coaster collection! Sip and savor your way through flavorful eats and mouthwatering treats through May 10th.



Wit & Wisdom

"There is nothing as sincere as a mother's kiss."

—Saleem Sharma

"Mother's love is peace. It need not be acquired, it need not be deserved."

—Erich Fromm

"Being a mother is learning about strengths you didn't know you had."

—Linda Wooten

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

—Mahatma Gandhi

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."

—Oliver Wendell Holmes Sr.

"The natural state of motherhood is unselfishness."

—Jessica Lange

"There's no way to be a perfect mother and a million ways to be a good one."

—Jill Churchill

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

—Tenneva Jordan

"When you look at your mother, you are looking at the purest love you will ever know."

—Mitch Albom

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

—Erma Bombeck

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May					1 Clothing Drive Begins	2
3	4	5 CINCO DE MAYO	6	7 Posies Flower Truck 11 am - 2 pm MetWest One	8	9
10 Mother's Day	11	12	13 Barre Class 5:30 pm - 8:30 pm MetWest Park	14	15 	16
17	18	19	20 Nothing Bundt Cakes MetWest One 11 am - 3 pm	21	22	23
24/31	25 MEMORIAL DAY REMEMBER AND HONOR	26	27 Barre Class 5:30 pm - 8:30 pm MetWest Park	28	29 Clothing Drive Ends	30

"This Month In History"

MAY

1907: John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

1919: Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

1927: Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

1940: The first McDonald's opens in California. As of 2021, there are more than 38,000 locations worldwide.

1954: In the Brown v. Board of Education case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

1978: Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

1980: The video game Pac-Man premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

2004: After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.