



June 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 Miguenes, Engineer
- Joseph Demitro, Engineer
- Robert Shim, Engineer
- Steven Rincon, Engineer

Leasing

Office: Angela Odell & Melanie Jackson

Retail: Kaly Brandewie

Welcome, PURE Risk Management

PURE Risk Management is a specialty property and casualty insurer dedicated to helping responsible people protect high value homes, jewelry, artwork and other fine assets. They opened for business more than 15 years ago with the goal of offering a company focused on promoting transparency, alignment of interests and doing what's right.

After growing at least 15% year over year since inception, the firm has become the most awarded insurer in their category, offering coverage in all 50 states. Their membership is made up of more than 100,000 financially successful individuals and families.

We are excited to welcome PURE Risk Management to the fourth floor of One MetroCenter!

pure
 INSURANCE

Blood Drive

Tuesday, June 2nd

One MetroCenter

9:00 a.m. to 11:00 a.m.

MetWest One

12:00 p.m. to 3:00 p.m.



Nothing Bundt Cakes

Wednesday, June 17th

MetWest One Lobby

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



Posies Flower Truck

Thursday, June 11th

Outside of MetWest One

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

 **MetLife**
Investment
Management

 **CUSHMAN & WAKEFIELD**

Tenant Anniversaries

Insperty 7 Years
 Aegion 4 Years
 Deepwatch 4 Years
 Fifth Third 1 Year

HAPPY ANNIVERSARY

MetWest Happenings

Blood Drive Jun 2nd
 Barre Classes June 10th
 Posies Flower Truck June 11th
 Nothing Bundt Cakes June 17th
 Barre Classes June 24th



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)

Celebrating the Earth

We had the best time celebrating the earth in many fun and creative ways with each of you in April!

To celebrate Earth Day, Baker Landscaping generously donated 300 herbs and plants to enhance our homes and offices.



Thanks to your help and coordination, we prevented nearly 600 pounds of electronic waste from ending up in a landfill. All electronic waste was dismantled and responsibly recycled.



Used coffee grounds were repurposed at a workshop to make handmade goat milk soap bars.

A new composting program was announced for all tenants who wish to participate. Please email MetWestAdmin@cushwake.com for more info!



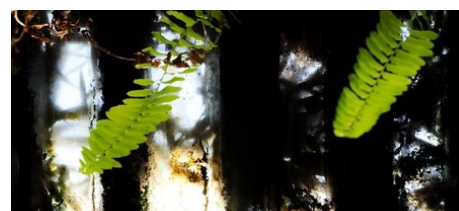
Father's Day

Sunday, June 21st, is Father's Day, a day dedicated to recognizing the men who have shaped us. Whether they are biological fathers, stepdads, grandfathers, religious figures, mentors or any person who stepped into a role that has made a positive impact on your life, be sure to show your gratitude for the fatherly figures in your life with a card, gift, visit or phone call this Father's Day.

The Science Behind Mosquito Bites

Do you often get eaten alive by mosquitoes while your friends remain bite-free? Scientists estimate that genetics influence a person's susceptibility to mosquito bites almost as much as our genes influence our height. Research has also shown that mosquitoes often prefer people with type O blood.

Despite their nuisance for many folks, mosquitoes provide important ecological benefits by pollinating plants and by serving as food for fish and birds.





World Environment Day

To Celebrate World Environment Day on Friday, June 5th, we focus on reducing plastic pollution. For decades, plastic pollution has seeped into every corner of the world, leaching into the water we drink and the food we eat. It is one of the major yet controllable concerns that effects the overall sustainability of our planet each day. Here are some simple steps you can take to help reduce plastic waste and consumption:

- **Carry Reusable Shopping Bags:** Some people prefer reusable tote bags, while others prefer using a backpack or a messenger bag. Use whatever works best for you whenever you go grocery shopping, clothing shopping, electronics shopping, etc.
- **Reusable Travel Mugs:** Keep a reusable travel mug in your vehicle at all times for those spontaneous coffee side quests while you're out running errands. In addition to plastic waste from disposable lids and straws, many disposable coffee cups also have a plastic coating, which can be toxic to both our bodies and the environment.
- **Natural Cleaning Scrubbers & Sponges:** Visit the sponge docks in Tarpon Springs for some great alternatives to plastic and synthetic scrubbers and sponges.
- **Powdered Detergents:** Consider opting for powdered dishwasher detergent and laundry detergent to minimize plastic waste from detergent containers.

Celebrate Juneteenth

On June 19th, 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, formerly enslaved people celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday now known as Juneteenth.



Night Nation Run

Experience a music-filled, 5K running course with live DJs, bubble zones and light shows on Saturday, June 27th, from 8:30 p.m. to 10:30 p.m. at Raymond James Stadium. Registration starts at \$40 per person at NightNationRun.com



World Oceans Day

World Oceans Day is celebrated June 8th to unite and clean up the one ocean that connects us all through fun activities such as fishing, boating, dolphin watching, paddling and more. The ocean is vital to our survival, as it produces over half of the world's oxygen and absorbs and stores over 50 times more carbon dioxide than the atmosphere. Celebrate your own World Oceans Day with loved ones by visiting local rivers, springs and beaches and removing any trash you may find along the way.

Wit & Wisdom

"One father is more than a hundred schoolmasters."

—George Herbert

"It doesn't matter who my father was; it matters who I remember he was."

—Anne Sexton

"I decided in my life that I would do nothing that did not reflect positively on my father's life."

—Sidney Poitier

"She got her looks from her father. He's a plastic surgeon."

—Groucho Marx

"I know that I will never find my father in any other man who comes into my life, because it is a void in my life that can only be filled by him."

—Halle Berry

"When one has not had a good father, one must create one."

—Friedrich Nietzsche

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

—Charles Wadsworth

"A father's smile has been known to light up a child's entire day."

—Susan Gale

"My father taught me to work; he did not teach me to love it."

—Abraham Lincoln

"It no longer bothers me that I may be constantly searching for father figures; by this time, I have found several and dearly enjoyed knowing them all."

—Alice Walker

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Blood Drive *One MetroCenter 9:00 am - 11:00 Am *MetWest One 12:00 pm - 3:00 pm	3	4	5 	6
7	8 	9	10 Barre Classes 5:30 pm The Bar Method	11 Posies Flower Truck 11 am - 2 pm MetWest One	12	13
14	15	16	17 Nothing Bundt Cakes MetWest One 11 am - 3 pm	18	19 <i>Juneteenth</i>	20
21 HAPPY FATHER'S DAY	22	23	24 Barre Classes 5:30 pm The Bar Method	25	26	27 Night Nation Run 8:30 pm Raymond James Stadium
28	29	30	June			

"This Month In History" JUNE

1917: U.S. Army troops arrive in France to fight in World War I.

1937: Pennsylvania is the first state to celebrate Flag Day as a state holiday. Today, it is the only state to recognize June 14 as a legal holiday.

1949: Hank Williams Sr. makes his Grand Ole Opry debut, singing his first No. 1 hit, "Lovesick Blues." Williams was called back to the stage for six encores.

1963: Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. Her solo mission lasted just under three days.

1973: A U.S. patent is granted for the automated teller machine, or ATM.

1990: Comedian and popular late-night talk show host Arsenio Hall is named "TV Person of the Year" by TV Guide magazine.

2002: Brazil sets a soccer record when it wins its fifth World Cup title. The team defeated Germany 2–0 at the tournament finals in Japan.

2019: Ali Stroker makes history as the first performer in a wheelchair to win a Tony Award. She earned the best featured actress prize for her role in the musical "Oklahoma!"