

July 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: Kalya Brandewie

Nothing Bundt Cakes

Wednesday, July 15th
MetWest One Lobby
11:00 a.m. to 3:00 p.m.

Barre Classes

Wednesday, July 8th & 22nd
The Bar Method
5:30 p.m. to 6:30 p.m.

Wild Wild MetWest

We had a blast celebrating with all of our tenants in the summer sun at this year's summer social, Wild Wild MetWest!



Chair Massages

Wednesday, July 22nd
One MetroCenter Suite 360
11:00 a.m. to 3:00 p.m.

Thank You & Good Luck, Patrick!



It is with great appreciation that we say "until we meet again" to our Assistant Property Manager, Patrick Verst. His professionalism, dedication, and

steady work have made a meaningful impact. Over the past 2.5 years, Patrick has impacted our office by working seamlessly with contractors, ensuring events ran smoothly, and leading the MetWest Central rollout. He consistently supported the whole office and contributed greatly to our team culture. As Patrick takes the next step in his property management career, we are excited for the opportunities ahead of him and confident he will excel at his new property. Patrick's last day at MetWest will be on 6/26. Should you need any assistance, please reach out to MetWestAdmin@cushwake.com or the office at 813-875-7950.

Tenant Anniversary

City National 9 Years



MetWest Happenings

Barre Class July 8th
Nothing Bundt Cakes July 15th
Barre Class July 22nd
Chair Massages July 22nd



MetLife
Investment
Management


CUSHMAN & WAKEFIELD

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

Conclerge Services

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

4th of July in Tampa

The Tampa Riverwalk and Davis Islands will host a variety of celebrations on Saturday, July 4th:

- Water Ski Show: 5:00 p.m. @ Convention Center Basin
- Large Boats Parade: 6:45 p.m. @ Davis Islands / Channel Drive
- Small Boats Parade: 8:00 p.m. @ Armature Works
- Fireworks: 9:00 p.m. @ Armature Works & Convention Center Basin



A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.



Keel Farms Summerfest

Celebrate the summer at Keel Farms Summerfest from 11:00 a.m. to 5:00 p.m. on Saturdays and Sundays in July. This year's event features free water slides and bounce houses, food truck-style eats, refreshing drinks, live music and family-friendly fun.



Celebrating Mothers

Congratulations to Ashley with Sagicor on winning this year's Mother's Day gift basket!



Metropolitan Ministries Clothing Drive

Thank you to all who generously contributed to our clothing drive in partnership with Metropolitan Ministries in May. We were able to donate just under 12 cubic feet of clothes. We couldn't have done this without your generosity!



Smart Moves for a Lighter Travel Footprint

Traveling is a great way to relax, connect with loved ones, experience new cultures and even push yourself outside of your comfort zone at times. Whether you're doing a beach vacation here in Florida, a mountain escape in the Carolinas or flying abroad, here are a few helpful tips on how you can travel more efficiently both for the environment and for your wallet:

- Prioritize trains and buses for medium-distance travel. Rail travel uses significantly less energy per passenger than flying and often costs less.
- When going long distance and flying is your only option, nonstop flights burn less fuel than itineraries with layovers.
- If your travels require renting a car, look for compact, hybrid or electric vehicles.
- Once you reach your destination, consider walking, biking or using public transit as much as possible. It's often faster in dense cities and gives you a more authentic experience of the local culture.
- Bring reusable items such as water bottles, utensils and tote bags to cut down on single-use plastics.
- Whether staying in a hotel, apartment or house, practice some of the same energy-saving basics you do at home: Turn off the lights when you leave, adjust the thermostat to a reasonable temperature and unplug chargers when not in use.

The Little Mermaid Summer Sing-Along

With Tampa Theatre being closed for restorations ahead of its 100th anniversary in October, Sparkman Wharf will host The Little Mermaid Summer Sing-Along on Sunday, July 26th, at 6:30 p.m. The free event will feature the 2023 live-action remake and a free LED fan and bag of popcorn for the first 100 guests.



2026 FIFA World Cup

The 2026 FIFA World Cup has shaped up to be one of the most ambitious tournaments in the history of the sport. For the first time, it is being hosted across three nations, bringing the world's biggest sporting stage to an entire continent. With 48 teams competing instead of the traditional 32, fans have experienced more matches, more storylines and more opportunities for underdog nations to make their mark.

The FIFA World Cup Final will take place on Sunday, July 19th, at MetLife Stadium in East Rutherford, New Jersey. Whether you're following for the drama, the national pride, or simply the joy of the game, the 2026 World Cup has lived up to be a thrilling saga of celebrations and cultural moments worth watching.



Wit & Wisdom

"Liberty, when it begins to take root, is a plant of rapid growth."
—George Washington

"Creativity is the greatest expression of liberty."
—Bryant H. McGill

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."
—Rosa Parks

"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."
—Pearl S. Buck

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech."
—Benjamin Franklin

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."
—Alexander Hamilton

"Liberty is worth paying for."
—Jules Verne

"You can only protect your liberties in this world by protecting the other man's freedom."
—Clarence Darrow

"Freedom is the sure possession of those alone who have the courage to defend it."
—Pericles

"It is no dishonor to be in a minority in the cause of liberty and virtue."
—Samuel Adams

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July</i>			1	2	Independence Day (Observed) 3	4 FOURTH JULY
5	6	7	8 Barre Class 5:30 pm - 8:30 pm The Bar Method	9	10	11
12	13	14	15 Nothing Bundt Cakes 11:00 am - 3:00 pm MW1 Lobby	16	17	18
19	20	21	22 *Barre Class 5:30 pm - 8:30 pm The Bar Method *Choir Massages 11 am - 3 pm OMC Suite 360	23	24	25
26	27	28	29	30	31	



"Then & Now"

Happy Campers

From sleeping under the stars to relaxing in an RV, more than 40 million people in America go camping each year. See when some camping innovations first blazed a trail.

Year	Camping Milestone
1876	The first sleeping bag is patented in Europe.
1910	Equipped with a bed and plumbing, the first RV debuts.
1931	The iconic silver Airstream travel trailer hits the road.
1942	Compact camp stoves are made for soldiers, and later for the public.
1957	Portable food coolers made of Styrofoam are invented.
1964	Pop-up campers are developed.
1990	Truck tents, made to be pitched in the bed of a pickup, are introduced.