

August 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 Callicoot, Property Mgr
- Mikayla Cox, 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



Welcome, Steven!

Please join us in welcoming Steven Rincon to the MetWest International team! Steven joined us in February as a Building Engineer and brings valuable experience in building maintenance and operations to the property. As part of the onsite engineering team, Steven helps support the day-to-day operation of the building and contributes to maintaining a safe, efficient, and comfortable environment for everyone at MetWest. We are excited to have Steven on board and are excited about the positive impact he has brought to our team.

Blood Drive

Tuesday, August 4th
 MetWest One
 11 a.m. to 1:30 p.m.



Chair Massages

Wednesday, August 19th
 One MetroCenter Suite 360
 11:00 a.m. to 3:00 p.m.



Barre Classes

Wednesday, August 12th & 26th
 The Bar Method
 5:30 p.m. to 6:30 p.m.


MetLife
 Investment
 Management


**CUSHMAN &
 WAKEFIELD**

Tenant Anniversary

Torti Gallas 3 Years
 Banquet Masters 9 Years

HAPPY ANNIVERSARY

MetWest Happenings

Barre Class August 12th
 Chair Massages August 19th
 Barre Class August 26th



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

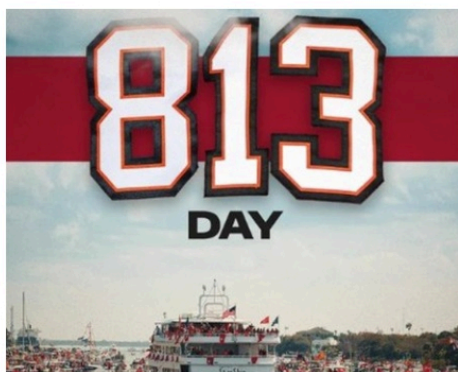
Concierge Services

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

813 Day Bash

Celebrate our Tampa Bay community at Poe Plaza located at 800 N Ashley Dr, Tampa, FL 33602 from 11:30 a.m. to 1:30 p.m. on Thursday, August 13th.

This event is to commemorate the vital role that local businesses, community partners, and residents play in making Tampa Bay an exceptional destination to eat, play, and stay!



Rays and Rowdies Home Games In August

- Tampa Rays Vs. Baltimore Orioles
August 15th-17th
- Tampa Rays Vs. Toronto Blue Jays
August 19th-20th
- Tampa Rays Vs. San Diego Padres
August 30th
- Tampa Rays Vs. New York Mets
August 31st
- Tampa Rowdies Vs. Louisville City
August 1st
- Tampa Rowdies Vs. Rhode Island
August 15th



Tampa Back 2 School Bash

Join the fun at WestShore Plaza (250 Westshore Plaza, Tampa) on Saturday, August 8th, at 10:00 a.m. This free family-friendly event is packed with activities for all ages, including face painting, arts and crafts, family bingo, and character meet-and-greets. It's a great way to celebrate the start of a new school year, connect with the community, and enjoy a day of entertainment and back-to-school excitement.



If You See Something, Say Something

The sooner maintenance issues are reported, the easier they are to fix. Whether it's a flickering light, a strange noise, a leaky faucet, or an office that suddenly feels a little too warm, please let property management know right away. Our office can be reached at 813-875-7950.



Back-to-School, Back-to-Green

As summer comes to a close and new routines begin, now is the perfect time to refresh your office's sustainability efforts. Small changes made consistently can have a meaningful impact.

Reduce Paper Waste

Although many workplaces have embraced digital technology, paper waste remains a common challenge. Whenever possible, utilize digital document sharing, electronic signatures, and cloud-based collaboration tools. Print only when necessary and consider double-sided printing to further reduce paper consumption.

Save Energy

Energy conservation is one of the easiest ways to make a positive impact. Remember to turn off lights, monitors, printers, and other equipment when not in use. Taking a few extra moments to power down unused devices can help reduce energy consumption and support a more sustainable workplace.

Choose Reusable Items

Single-use products can quickly add up in a busy office environment. A good way to reduce these products is by using reusable water bottles, coffee mugs, utensils, and lunch containers whenever possible. These simple swaps help minimize waste, reduce the amount of trash sent to landfills, and promote environmentally conscious habits both inside and outside the office.

Recycle Right

Recycling is most effective when materials are disposed of properly. Paper, cardboard, plastic bottles, and aluminum cans can be recycled.

August Tampa Street Food Festival

Looking for a fun night out in Downtown Tampa? Join the Tampa Street Food Festival. This monthly open-air event brings together more than 15 local food trucks and culinary vendors, offering a variety of street food favorites and unique dining options. Guests can also enjoy craft cocktails, beer, and beverages from the courtyard's resident bars and restaurants.

In addition to great food and drinks, the festival features live music and local artisan vendors, creating a lively atmosphere for friends, families, and neighbors to enjoy.

Event Details

Date: Thursday, August 20, 2026

Time: 6:00 PM – 10:00 PM

Location: Grand Central at Kennedy,
1208 E. Kennedy Blvd., Tampa
Admission: Free



Are You Ready for Some Football?

Tampa Bay Buccaneers will make their 2026 preseason slate beginning this month:

Preseason Games

Aug 14, 7:00 p.m. @ Jets

Aug 22, 7:30 p.m. vs Chiefs

Aug 28, 7:30 p.m. @ Jaguars

Drop your business card or a registration slip in the management office for a chance to win two tickets to a home game. Drawings will take place on the Wednesday before each home game.

Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"

—John Muir

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

—Galileo Galilei

"The sun lay like a friendly arm across her shoulder."

—Marjorie Kinnan Rawlings

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."

—Henry Ward Beecher

"At rest, however, in the middle of everything is the sun."

—Nicolaus Copernicus

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you."

—Anna Lee

"Humans are natural-born scientists. When we're born, we want to know why the stars shine. We want to know why the sun rises."

—Michio Kaku

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>						1
2	3	4	5	6	7	8
9	10 	11	12 Barre Class 5:30 p.m. The Bar Method	13 813 Day!	14 Bucs @ Jets 7:00 PM	15
16	17	18	19 Chair Massages 11:00 am - 3:00 pm OMC Suite 360	20	21 Bucs vs Chiefs 7:30 PM	22
23/30	24/31	25	26 Barre Class 5:30 p.m. The Bar Method	27	28 Bucs @ Jaguars 7:30 PM	29

"This Month In History" AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.